

Spring Term 2 Year 1 PSHE

Healthy Me

Key facts

- I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
- I know how to make healthy lifestyle choices
- I know how to keep myself clean and healthy, and understand how germs cause disease/illness
- I know that all household products including medicines can be harmful if not used properly
- I understand that medicines can help me if I feel poorly, and I know how to use them safely
- I know how to keep safe when crossing the road, and about people who can help me to stay safe
- I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

Resources

Chime bar
Jigsaw charter
Healthy balance sum sheet
PowerPoint slides
Child sheet
Bag of toiletry items
Empty household/medicine bottles/pictures
Book "Six Dinner Sid"

Prior Knowledge

Knowing that they are important and possibly some knowledge of household items that are safe for them to use with adult help. Crossing roads around school.

Key Vocabulary

Healthy, unhealthy, balanced, Exercise, sleep, healthy, choices, clean body parts, toiletry items, e.g. toothbrush, shampoo, soap, hygienic, safe, medicines, unhealthy, trust, safety, green cross code, eyes, ears, look, listen, wait,

Brief summary/ overview

The children will explore feeling good about themselves when they make healthy choices and see how being healthy helps them to feel happy. They will recognise that they are special and learn the value of keeping themselves safe. As well as identifying when they feel frightened and who to ask for help.

Cross curricular links/visits

Links to computing and people we trust and who can help us.

Links to science and being healthy.