

Year 1 PSHE: Healthy Me

Prior Learning

- Know the names for some parts of their body
- Know what the word 'healthy' means
- Know some things that they need to do to keep healthy
- Know that they need to exercise to keep healthy
- Know how to help themselves go to sleep and that sleep is good for them
- Know when and how to wash their hands properly
- Know what to do if they get lost
- Know how to say No to strangers



Vocabulary

Healthy*, Unhealthy*, Balanced, Exercise, Sleep, Choices, Clean*, Body parts*, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap)*, Hygienic, Safe Medicines, Trust*, Safe*, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.



Sticky Knowledge

- Know the difference between being healthy and unhealthy
- Know some ways to keep healthy
- Know how to make healthy lifestyle choices
- Know how to keep themselves clean and healthy
- Know that germs cause disease / illness
- Know that all household products, including medicines, can be harmful if not used properly
- Know that medicines can help them if they feel poorly
- Know how to keep safe when crossing the road
- Know about people who can keep them safe

