

You will know

- We all need to make sure we eat foods that are good for us.
- Children need lots of sleep to be healthy.
- Children need exercise every day to keep fit and healthy.
- Children can stop getting sick by washing their hands.
- Medicine can help you feel better when you are sick, but it must be given by an adult.
- Learning road safety can keep everyone safe.



PSED

Year 1

Healthy Me



Vocabulary

Word	Definition
Healthy	To have good physical and mental health.
Unhealthy	To not have good physical and mental health.
Exercise	Physical activity done to keep healthy and strong.
Sleep	To rest.
Sick	To be unwell.
Medicines	A tablet or liquid that you take to feel better when you are ill.
Safe	To be protected from danger or injury.

UN Rights of the Child 	 HEALTH, WATER, FOOD, ENVIRONMENT
British Values 	Individual Liberty - The right to make your own choices,
Protected Characteristic 	Age