

Key Facts

- We all need to make sure we eat foods that are good for us.
- Too much sugar, fat and salt are not good for us.
- Children need at least 11 hours of sleep to be healthy.
- Children need one hour or more of exercise a day to keep fit and healthy.
- Children can prevent getting sick by washing their hands regularly and keeping clean.
- Medication can help you feel better when you are sick, but it must be given by an adult.
- Learning road safety is important to keep you, your friends and your family safe.

Common misconceptions:

- All medications/products are safe for humans. (Some medication is not suitable for humans)
- Too much of one thing is not good for your body.



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.
Balanced	A diet that has different types of food.
Exercise	Physical activity done to keep healthy and strong.
Sleep	To rest.
Choices	To pick between two things.
Sick	To be unwell.
Medicines	To take a tablet or liquid to feel better when you are ill.
Safe	To be protected from danger or injury.

Links to Previous Knowledge

In EYFS, under the Personal, Social and Emotional Development ELG, the children will have learnt to manage their own basic hygiene and personal needs and understand the importance of healthy food choices.

Knowledge and Understanding:

Children will learn:

- To differentiate between healthy and unhealthy.
- How to keep clean and healthy to prevent the spreading of germs.
- That all household products including medicines can be harmful if not used properly.
- That medicines can help them if they feel poorly, but must be given by an adult.
- Which household products that are safe for them to use (E.g. soap, tooth-paste).
- How to keep safe when crossing the road.

Key skills and concepts:

Children will be able to:

- Understand and discuss what it means to make healthy choices.
- Discuss what healthy choices and unhealthy choices are and explain why they think so.
- Understand how germs can spread and how to stay clean.
- Identify safe and unsafe medications/household products.
- Think about how they can keep safe on the roads.
- Discuss who they should speak to if they feel unsafe

Key Questions

What are the differences between being healthy and unhealthy?

How can I make healthy choices?

What things go into our bodies?

What do we know about medicines?

How do we keep safe?