

Year 1 Term 6

What do we need to survive?

PSHE



Identify what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing.

Long-term Memory Knowledge:

Leading a healthy lifestyle is a positive thing. Eating healthily and exercising can allow you to be more active and carry out the activities you enjoy doing. We must be responsible when taking medicine and ask adults or professionals (doctors and dentists) before taking them.

Key Vocabulary

healthy	Keeping yourself and your body in good health
Balanced diet	The food we eat each day. It should consist of protein, carbohydrates, vitamins and minerals and fats
hygiene	Keeping our bodies clean e.g. washing and brushing your teeth
vaccination	Medicine to protect from diseases and illnesses
medicine	Bottles containing liquids and tablets that we take to make us better when ill

Progression in Resources:

To recognise food from different food groups.
To recognise the Eatwell plate.
To understand that we must ask an adult before taking any medicine.

Relevance

Now	To recognise what 'being healthy' means. To identify healthy foods and what they need to do to keep their own bodies healthy.
Future	To lead a healthy lifestyle and take responsibility for your own health.
Aspiration	To inspire others to lead a healthy lifestyle.

National Curriculum Links:

About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. The facts and science relating to allergies, immunisation and vaccination.

Essential Prior Learning:

The children need to have some understanding that some foods are healthy and some foods are unhealthy. They also need to understand that they need to exercise and keep clean.

Progression in Skill:

What being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor). Understand how things people put into or onto their bodies can affect how they feel. Understand how medicines (including vaccinations and immunizations) can help people stay healthy and that some people need to take medicines every day to stay healthy. Understand why hygiene is important and how simple hygiene routines can stop germs from being passed on.