



PSHE Topic: What helps me stay healthy?

Year: 1 **Term:** Spring 1

Key Knowledge/Content:

- **Physical health and fitness-** Learn strategies to keep their bodies and mind healthy.
- **Healthy eating-** Children will learn about good and bad food.
- **Drugs and alcohol-** Children will begin to understand the difference between helpful medicine and harmful chemicals.
- **Health and prevention-** Children will learn good hygiene procedures including how to keep teeth healthy.

Links to:

Prior learning:

To regularly exercise and to ensure they wash their hands regularly.

Future learning:

To understand the clear difference between healthy and unhealthy choices.

Key vocabulary with definition:

Prior vocabulary:

- **Disease-** Can be the cause of ill health and feeling unwell.
- **Hygiene-** Maintaining good health and preventing the spread of disease through cleanliness.
- **Medicine-** A treatment or prevention of disease, often taken when unwell.
- **Healthy-** In good health and fitness.

New vocabulary:

- **Cross-contamination-** The process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.
- **Immunisation-** The process of making a human immune to childhood illnesses.
- **Harmful-** Likely to cause harm to your body.

By the end of this unit

All children can: **recognise** how to keep themselves healthy and **know** who they can talk to for support.

Most children can: **demonstrate** how they keep themselves healthy inside and outside of school.

Some children can: **demonstrate** and **explain** how keeping ourselves healthy is important for our physical and mental health.

Background understanding for teachers and parents:

This unit will be focused around embedding a healthy lifestyle. Children will understand the importance of having a healthy balanced diet and what benefits this has on our bodies. Children will be able to discuss the benefits of exercise and a healthy diet and how this can support out physical and mental health.

Curriculum Driver:

Healthy lifestyle

Evidence outcome:

To know the adverse effects an unhealthy diet can have on our bodies.