



Title: Being Healthy

Year Group: 1

Term: Summer 1

Vocabulary you will know...

Food



Balanced diet



Relax



Physical activity



Germs



Sun safety



Brain break



Key Learning

I can identify different ways to keep healthy.

I can name some healthy foods and know the risks of eating too much sugar.

I know how physical activity keeps me healthy.

I know why sleep is important and different ways to rest and relax.

I know how to look after my teeth.

I can describe different ways of keeping safe in the sun.

I understand the importance of taking a break from screen time.

Our PSHE Ground Rules

1. We will listen to each other.
2. We won't make fun of anyone.
3. You can pass when answering a question.
4. We know we can talk to our teacher or another adult in school, if we want to talk or need help.

We will learn through;

- Storybooks
- Puppets
- Role play
- Discussion

