

Spring 2

Y1

Theme: Healthy Me



Vocabulary	Definition
Healthy	Being well mentally and physically.
Unhealthy	Having poor health.
Safe	Being protected from harm or danger.
Balanced Diet	Eating foods in the right amount.
Exercise	An activity done to keep the mind and body strong.
Hygiene	Keeping clean to stay healthy.
Green Cross Code	A campaign to keep pedestrians safe on the road.
Medicine	A substance used to treat disease, injury or pain
Choice	The act of picking or choosing.



Lesson 1 – What is the difference between being healthy or unhealthy?

Lesson 2 – What healthy choices can I make?

Lesson 3 – What things are safe to use and not and what can I do to help kill germs?

Lesson 4 – I understand how medicine can help my body but must be stored away safely.

Lesson 5 – What should I do to cross the road safely?

Lesson 6 – Why is my body amazing and what do I do to keep it working in an amazing way?

Y1 – Healthy Me – Progression

I can tell you something amazing about how my body works and something I need to do to keep it safe and healthy

I know that my body is special and I need to take care of it

I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

I can recognise how being healthy helps me to feel happy

I can describe many ways that my body is amazing and I can talk about ways to keep it safe and healthy, and some things that might harm it if I am not careful

I know that healthy choices make me feel good about myself and I can tell you

how being healthy helps me to feel happy