

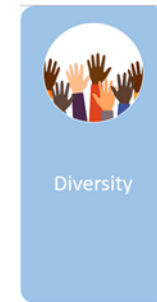
Subject: PSHE

Year group: 1

Term: Summer

Unit name: Healthy Lifestyles (keeping healthy; food and exercise, hygiene routines; sun safety)

Notes:



Main concepts:

- To know what it means to be healthy and why it is important.
- To know ways to take care of themselves on a daily basis.
- To understand basic hygiene routines, e.g. hand washing.
- To understand healthy and unhealthy foods, including sugar intake.
- To know that physical activity and how it keeps people healthy.
- To know that there are different types of play, including balancing indoor, outdoor and screen-based play.
- To understand that people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors.
- To know how to keep safe in the sun.

Prior knowledge. Children should already...

Have some knowledge of healthy lifestyles from the EYFS curriculum.

Key vocabulary

Health, healthy, unhealthy, hygiene, germs, dentist, doctor, nurse.

How the children are to be taught this.

At the teacher's discretion, some objectives could be taught by additional adults (dependent upon the cohort).

Relate to children's own lives and experiences.

Use opportunities during the school day to encourage healthy eating and basic hygiene routines, e.g. handwashing before mealtimes, fruit break. Promote sun safety at break times. Use PE and the Bratton Mile to promote physical activity, and encourage active play at breaktimes.

Possible links to work in Science and DT. Link to Walk to School Week.

