Lesson Structure:

Charter > Connect Us >

Calm Me >Open My Mind >

Tell Me or Show Me > Let Me learn

Help Me Reflect

Healthy Me

Year 1

Big Question:

What foods should I eat to take care of my body?

Assessment Outcomes:

I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. I can give examples of when being healthy can help me feel happy .

I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. I feel good about myself when I make healthy choices.

Healthy, Unhealthy, Balanced, Exercise, Sleep

I know how to make healthy lifestyle choices. I feel good about myself when I make healthy choices

Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices

I know how to keep myself clean and healthy, and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly. I am special so I keep myself safe.

Healthy, Clean, Body Parts, Toiletry items, Hygienic, Safe, Germs, Virus

I understand that medicines can help me if I feel poorly and I know how to use them safely . I know some ways to help myself when I feel poorly.

Medicines, Healthy, Unhealthy, Trust, Safe

I know how to keep safe when crossing the road, and about people who can help me to stay safe. I can recognise when I feel frightened and know who to ask for help.

Safe, Safety, Green, Cross Code, Eyes, Ears, Look, Listen

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

Keeping clean, Healthy

Key Vocabulary

Healthy, Unhealthy, Balance, Exercise, Sleep, Green Cross Code, Choices, Medicines, Body parts, Hygienic, Safe, Safety, Body, Look, Wait, Clean, Eyes, Ears, Listen

Threads

Health & Wellbeing