

PSHE Strand/ Year Group

Year 1 – Healthy Me

Overview

In this Puzzle the children talk healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety as well as people who can help them to stay safe.

Key Vocabulary

Healthy	Unhealthy
Hygiene	Exercise
Sleep	Choices
Clean	Body Parts
Safe medicines	Green Cross Code

Knowledge

- Know the difference between being healthy and unhealthy
- Know some ways to keep healthy
- Know how to make healthy lifestyle choices
- Know how to keep themselves clean and healthy
- Know that germs cause disease / illness
- Know that all household products, including medicines, can be harmful if not used properly
- Know that medicines can help them if they feel poorly
- Know how to keep safe when crossing the road
- Know about people who can keep them safe

Social and Emotional Skills

- Feel good about themselves when they make healthy choices
- Realise that they are special
- Keep themselves safe
- Recognise ways to look after themselves if they feel poorly
- Recognise when they feel frightened and know how to ask for help
- Recognise how being healthy helps them to feel happy