

Year 1: Health and Wellbeing

Key Learning

Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough



Foods can be healthy or unhealthy. Depending on their ingredients.



There are things that we do everyday to take care of ourselves, such as:

- Brushing our teeth
- Washing our hands

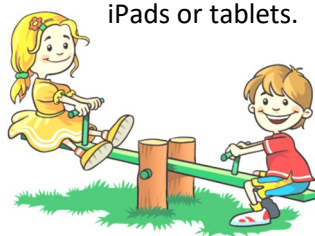


Some people can help us to stay healthy, such as parents, doctors, nurses and dentists.

It's important to do exercise every day. This can be little things like running around your back garden, playing



There are lots of different ways to play. We can play outdoors, indoors and on iPads or tablets.



It is important to look after ourselves in the sun, by using sun cream, hats, taking breaks in the shade and lots of other things.



Germs and disease can make us poorly. After using the toilet and before eating, it is important to wash our hands with soap.

Medicines help us when we are poorly. If they



We should always cross the road in a safe place. Crossing patrols, zebra crossings and pelican crossings all help us. We should always cross the road with an adult.

Key Vocabulary

Healthy	Being free from illness or disease.
Hygiene	Practices that are necessary for health.
Unique	Something or someone is unlike anything or anyone else.
Feelings	Something that we feel from within or inside ourselves.
Rule	Something that tells you what is or is not allowed.