

PSHE	Health Education	Year 1	Spring 2
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Key Knowledge

Ways to stay healthy	<ul style="list-style-type: none"> • There are many different ways to stay healthy. • Eating a range of fruit and vegetables is one way – we should try to ‘eat the rainbow’ whenever we can. • We can also try to be as active as possible.
Illnesses	<ul style="list-style-type: none"> • Good personal hygiene can lower our chances of becoming unwell. • However, sometimes we might become unwell and need to see a doctor, nurse or pharmacist.
Dental Health	<ul style="list-style-type: none"> • Brushing our teeth regularly, visiting a doctor and limiting sugary drinks and food helps reduce the risk of tooth damage.
Changes	<ul style="list-style-type: none"> • As we grow older, we change in the way we look and also in what we are able to do. • There are various stages of our lives: <ul style="list-style-type: none"> • Baby • Toddler • Child • Teenager • Adult • Elder

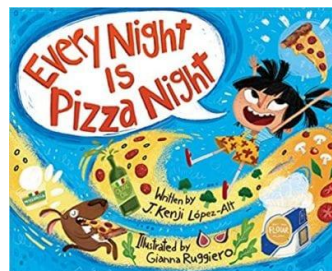
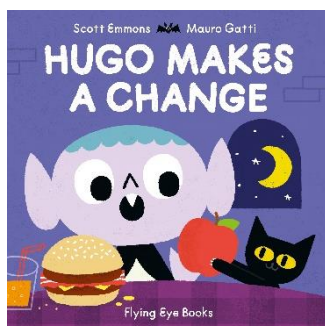
Statutory requirements

Pupils should know:

- physical benefits of an active lifestyle.
- how and when to seek support including which adults to speak to in school if they are worried about their health.
- what constitutes a healthy diet (including understanding calories and other nutritional content).
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

Key vocabulary

Spelling	Definition
Health	A state of being physically, mentally and socially well
Hygiene	What you do to keep yourself and your environment clean and to prevent infections or disease
Physical	Related to the body
Illness	Disease or sickness affecting the body or mind
Medical	The science of keeping people healthy and healing the sick
Tooth decay	The breakdown or destruction of tooth enamel



Books

Scott Emmons & Mauro Gatti	Hugo makes a change
J. Kenji Lopez-Alt	Every night is pizza night