

PSHE	Health Education	Year 1	Summer 1
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Key Knowledge

Emergencies

- Emergencies are sudden and often unexpected situations that have the potential to cause harm to someone or something.
- In an emergency situation, it is important that we find help quickly.
- We might need to call 999 to get the emergency services to help us.

Health

- There are lots of things we can do to keep ourselves physically healthy such as eating a balanced diet, doing plenty of exercise, getting enough sleep and looking after our personal hygiene.

Medicines

- Medicines can help make someone feel better when they are unwell.
- They might also be used to stop someone from getting unwell in the first place.
- Some medicines get put into the body by swallowing or injecting, others can be put on the body like creams and lotions and others might be breathed in such as asthma inhaler.
- We can get medicines from different places. Often we can get them from a pharmacy but sometimes we might need to get them from a doctor in the doctors surgery or the hospital.

Statutory requirements

Pupils should know:

- how and when to seek support including which adults to speak to in school if they are worried about their health.
- how to make a clear and efficient call to emergency services if necessary.

Key vocabulary

Spelling	Definition
Emergency	a sudden and often unexpected situations that have the potential to cause harm to someone or something.
Emergency services	the people who can help us in an emergency – police, paramedics and fire fighters
Medicines	something used to treat or prevent an illness or disease
Injection	giving medicine with a needle into the muscle
Inhale	breathing in

Book recommendations

Jonathon London	The lion who had asthma
Julia Donaldson & Sara Ogilvie	The Hospital Dog

