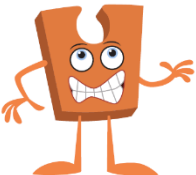




Year:	Year 1	Unit:	Healthy Me
What will I learn this year? Know the difference between being healthy and unhealthy - Know some ways to keep healthy - Know how to make healthy lifestyle choices - Know how to keep themselves clean and healthy - Know that germs cause disease / illness - Know that all household 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			
			
Key Vocabulary		What should I already know?	
Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait.		Know the names for some parts of their body - Know what the word 'healthy' means - Know some things that they need to do to keep healthy - Know that they need to exercise to keep healthy - Know how to help themselves go to sleep and that sleep is good for them - Know when and how to wash their hands properly - Know what to do if they get lost - Know how to say No to strangers	
		What will I learn next?	
		Know what their body needs to stay healthy - Know what relaxed means - Know what makes them feel relaxed / stressed - Know how medicines work in their bodies - Know that it is important to use medicines safely - Know how to make some healthy snacks - Know why healthy snacks are good for their bodies - Know which foods give their bodies energy	