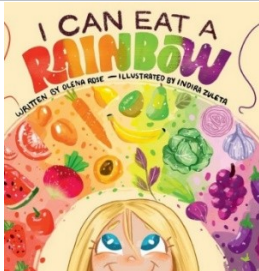


PSHE – Healthy Me Year 1

STICKY KNOWLEDGE ABOUT (INSERT TOPIC)	SOCIAL AND EMOTIONAL SKILLS	KEY VOCABULARY	
• 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	• 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	Healthy	Involves a good combination of eating well, being active and living a healthy lifestyle.
		Balanced	Balanced amounts of carbohydrates, fats, proteins, vitamins, minerals, and water intake.
		Exercise	Playing and being active.
		Keeping clean	Comprises various day-to-day activities such as bathing, brushing teeth, and washing hands
		Hygienic	The way we care for our bodies, similar to keeping clean.
		Safe	Being free and feeling free from danger.
		Body parts	These are the parts that compose the body.
		Unhealthy	Not eating the correct foods and living an active lifestyle, making you unhealthy.
		Choices	The act of picking or choosing something.
		Toothbrush	A brush that it used to clean you teeth.
		Medicines	A substance used to make people or things better, fighting illnesses.
		Trust	Feeling that somebody or something can be relied upon.
	QUESTIONS FOR FAMILY LEARNING • Can you give me an example of a healthy / unhealthy choice? • How do you feel when you make a healthy choice? • Can you tell me something that is special about you? • Can I tell you something I think is special about you? • What can you do when you feel poorly? • Can you talk about a time when you felt frightened? • Who can you ask for help when you feel frightened? • How does Jigsaw Jerrie Cat help you to pause in lessons	