




Key Facts	Social and Emotional Skills	
<ul style="list-style-type: none"><li>• Being healthy means making healthy choices</li><li>• Healthy choices include having a balanced diet, being physically active and being clean</li><li>• Looking after myself includes keeping myself and other people safe</li><li>• Healthy friendships are developed by being a good friend.</li></ul>		<ul style="list-style-type: none"><li>• I feel good about myself when I make healthy choices</li><li>• I am special so I keep myself safe</li><li>• I know some ways to help myself when I feel poorly</li><li>• I can recognise when I feel frightened and know who to ask for help</li><li>• I can recognise how being healthy helps me to feel happy</li></ul>
Key Learning:	Prior Learning:	Books to support
<ul style="list-style-type: none"><li>• I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy<ul style="list-style-type: none"><li>• I know how to make healthy lifestyle choices</li></ul></li><li>• I know how to keep myself clean and healthy, and understand how germs cause disease/illness</li><li>• I know that all household products including medicines can be harmful if not used properly</li><li>• I understand that medicines can help me if I feel poorly and I know how to use them safely</li><li>• I know how to keep safe when crossing the road, and about people who can help me to stay safe</li><li>• I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</li></ul>	<ul style="list-style-type: none"><li>• Know how to set simple goals</li><li>• Know how to achieve a goal</li><li>• Know how to work well with a partner</li><li>• Know that tackling a challenge can stretch my learning</li><li>• Know how to identify obstacles which make achieving my goals difficult and work out how to overcome them</li><li>• Know when a goal has been achieved</li></ul>	

## Subject Specific Vocabulary

Key word	Definition
Balanced	A diet consisting of a variety of different types of food and providing adequate amounts of the <u>nutrients</u> necessary for good health
Choices	The act of picking or choosing; selection.
Clean	Not dirty
Exercise	Activity done to keep the body or mind strong or to make them stronger.
Green Cross Code	A procedure that helps people cross the road safely.
Healthy	Having to do with a good mind and body.
Hygienic	Keeping clean to stay healthy and prevent disease
Medicines	A belief in the strength or truth of a person or thing.
Safe	Free from harm, loss, or danger.
Sleep	To be in the state of rest for the body and mind in which the eyes are closed and one is not fully conscious
Toiletries	Articles used in cleaning or grooming oneself
Trust	A belief in the strength or truth of a person or thing.
Unhealthy	Not caring for a good mind and/or body.