

PSHE AT KINGSLEY: Year 1



Topic: Health and Wellbeing (Being healthy; hygiene; medicines; people who help us with health)

Question: *What helps us stay healthy?*

Learning Expectations:

In this unit pupils will learn:

- What being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)
- That things people put into or onto their bodies can affect how they feel
- How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy
- Why hygiene is important and how simple hygiene routines can stop germs from being passed on
- What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing

Programme of Study References

HI, H5, H6, H7, H10, H37

Key Websites:

[I decision \(5-8\) - Keeping/staying healthy f](#)
[Islington Healthy Schools Team - DrugWise f](#)

Cross Curricular:

Science
P.E
Art

Prior learning: Healthy and unhealthy foods, impact of exercising, washing your hands and face. Different jobs people may have. Oral hygiene.

Future learning: Dental hygiene and how sugar affects your health. Being active is important. Keeping safe in the sun.

Essential Knowledge:

Eating fruit and vegetables will help keep me healthy.

Getting enough sleep will keep me feeling good.

Keeping myself clean will help stop spreading germs and keep me safe.

I know I can talk to a trusted adult if I am worried about something.

Key Vocabulary:

Exercise, healthy, sleep, germs, trusted adult, nutritious, safe, problems, scared, help, choice, secret, surprise, permission, consent, contact, touch, unsafe, uncomfortable, hygiene, muscles, breathing, exercise, brain, routine, sleep, rest, heart, medicine, poison.