

Year 1 and 1/2

Woodpeckers and Swallows

PSHE

Spring 1



Emotions



What helps us to stay healthy?

Ways to stay healthy

- Good Diet
- Enough Sleep
- Good Hygiene
- Exercise
- Feeling happy and good about yourself

Medicine

If you are ill, medicines can make you better. Some medicines help prevent illness.



Vocabulary

Diet – the kinds of foods that a person eats

Hygiene – keeping clean

Emotions– our feelings

Airborne – in the air

Contact – touch

Obesity – being -overweight

Tooth decay – damaged or bad teeth

Vaccination - a medicine that is put into the body to prevent illness from disease

Healthy Daily Habits

Teeth Brush teeth twice a day- after breakfast and before you go to bed.

Hair Brush or comb your hair at least twice a day to keep tangles out. Never share your comb or brush. Wash your hair with shampoo often.

Body Take a bath or shower once a day.

Nails Keep fingernails and toenails clean and trim them once a week. Bath time is a good time to for trimming and cleaning under nails.

Handwashing Always keep your hands clean and germ free. Wash your hands with soap and water before eating, after playing outside and after going to the toilet.

Clothing Wear fresh underwear everyday. Change your outer clothes often at least every other day.

Sleep The NHS recommends children 6-12 years need 9-12 hours sleep each night. Go to bed at about the same time every night to get a good routine.

Start of Unit: PSHE - What helps us to stay healthy?
One

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1. Give 3 ways to keep healthy.

2. What is hygiene? Circle One.

Eating healthy food

Keeping Clean

Taking medicine

3. What might happen if we eat lots of unhealthy foods?

End of Unit: PSHE - What helps us to stay healthy?
One

Woodpeckers Y1 and Swallows Y1/2 Spring

4. Give 3 ways to keep healthy.

5. What is hygiene? Circle One.

Eating healthy food

Keeping Clean

Taking medicine

6. What might happen if we eat lots of unhealthy foods?