



# Year 1 - Spring 1 - PSHE Healthy Me

## What I already know...

In EYFS we learnt what the word 'healthy' means and we learnt about some of the ways that we can stay healthy like keeping our bodies busy- we loved having a wiggle and a jiggle!

## Making a difference at The Merton and beyond.

This term the children will learn about healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. We also entwine our PSHE journey with Geography as we explore our local area. The children learn their addresses and plan their walking to school routes on Google maps. This is the perfect opportunity to teach the children about road safety. The children will become Junior Road Safety Ambassadors as they embark their safety knowledge onto EYFS children during a workshop within our school grounds! They will also learn about people who can help them to stay safe for instance lollipop ladies/men and our local PCSO.

## Key Skills

- 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

## Key Vocabulary

Healthy	In good physical or mental condition
Unhealthy	Harmful to health
Balanced	In good proportions
Personal hygiene	The way we care for our body e.g. washing, brushing teeth etc.
Green Cross Code	Procedure that helps you cross the road safely.
Safety	Being protected from danger or injury.
Trust	Firm belief in the reliability, truth, or ability of someone or something.



## What will I learn ...

To know the difference between being healthy and unhealthy

To know some ways to keep healthy

To know how to make healthy lifestyle choices

To know how to keep themselves clean and healthy

To know that germs cause disease / illness

To know that all household products, including medicines, can be harmful if not used properly

To know that medicines can help them if they feel poorly