



Year 1 – PSHE KCV – Healthy Me



Prior Learning

I know it is important to wash my hands and keep myself clean.

Explore food groups and aware of the importance of healthy food

Key skills to learn:

- Understand the difference between being healthy and unhealthy.
- Know some ways to keep myself healthy and make good choices.
- Understand how germs cause disease/illness.
- Know that all household products including medicines can be harmful if not used properly.
- Know how to keep safe when crossing the road, and about people who can help me to stay safe.
- Recognise when I feel frightened/poorly and know who to ask for help.

SMSC Links:

Social – Working together to communicate the Green Cross Code safely and effectively.

Moral – Aware of making the right choices and the consequences of my actions when using medicines appropriately.

Spiritual – Understanding the importance of making the right healthy choices and realising how this makes us feel about ourselves.

Cultural – Understanding and respecting cleaning rituals and the importance of a healthy lifestyle.

Words to know and spell (Tier 2 Vocabulary)

Sleep	Poorly	Look
Choices	Harmful	Listen
Diet	Vegetables	Wait

Words to understand and spell (Tier 3 Vocabulary)

Healthy	In good physical and mental condition, in good health, right choices.
Unhealthy	Harmful to health, behaviour/attitude not sensible or well balanced.
Balanced	Having the different elements in the correct proportions.
Exercise	Activity requiring physical effort carried out to sustain health/fitness.
Hygienic	Clean and sanitary to maintain health, prevent disease – germ free.
Toiletries	Cleaning products used to wash/take care of ourselves.
Safe	Uninjured, no harm done – protected from danger.
Medicines	Taken for the treatment and prevention of disease and illness.
Trust	Firm belief in the reliability, truth or ability of someone/thing.
Green Cross Code	Campaign used to raise awareness of pedestrian road safety.

Concept check questions. Test yourself:

How might someone who was really healthy look?

How could children your age make healthy choices? How does it feel?

Why do we need to keep ourselves clean? How can we stay safe at home? Why should we not have too much medicine?

Who can help you feel safe? Why is it important to feel safe?