



It's My Body

Y1 PSHE Health and Wellbeing

Subject Specific Vocabulary

Exercise

To take part in a bodily activity.

Healthy

In a good physical (body) or mental (mind) condition.

Sleep

A condition of body & mind which usually happens for several hours during the night, with your eyes closed and you rest.

Germs

A tiny particle that causes disease in a plant/animal

Trusted adult

Someone you have a good relationship with, someone to talk to.

Nutritious

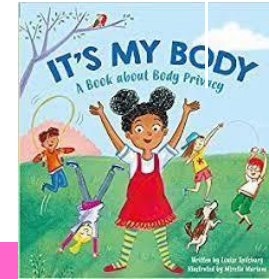
Contains good vitamins, proteins, fats in your foods, healthy.

Safe

Protected from harm or danger.

End Point

To know how to look after my body and keep myself safe.



Key knowledge about 'It's My Body'

Eating fruit & vegetables will help keep me healthy.

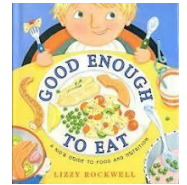
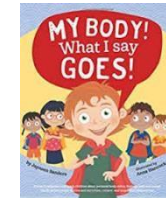
Getting enough sleep will keep me feeling good.

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 anything.



Exciting Books



Questions

What is a healthy food?

How can you keep yourself clean?

Who is a trusted adult?

What isn't safe to eat or drink?

