



# KS1 Summer 1: We are Healthy

## We are learning....

- To make healthy choices with our food and what the different foods do to fuel our body.
- We know that to stay healthy we need to make good choices with our food and drink, do some exercise, get a good night's sleep and spend time relaxing. All these things will keep our mind and bodies healthy.
- We are learning what exercise does to our bodies and our minds and why this is good for us. We will be looking at what happens to our heart when we do exercise.
- We are learning to keep our bodies clean in order to be healthy. We will learn that there are parts of our bodies that need cleaning every day when we wash ourselves including how to brush our teeth twice a day.
- We are learning that by thinking positive and sharing our positive thoughts that we can care for our mental health and for those around us.
- We are learning that our bodies and our feelings belong to us and it is our choice how to react if someone does something to us we do not like.
- We are learning that there are trusted adults who can help us if we need them.



## Key Vocabulary

|                      |                                                                    |
|----------------------|--------------------------------------------------------------------|
| <b>consent</b>       | To give <b>permission</b> or agree to something.                   |
| <b>choice</b>        | Options we have about what to do.                                  |
| <b>exercise</b>      | Physical activity that helps our bodies and minds to stay healthy. |
| <b>permission</b>    | Allow something to happen.                                         |
| <b>hygiene</b>       | Keeping ourselves clean to stay healthy and well.                  |
| <b>risk</b>          | A chance something may be dangerous or cause harm.                 |
| <b>safe</b>          | Being protected from harm or <b>danger</b> .                       |
| <b>unsafe</b>        | Something that is not <b>safe</b> .                                |
| <b>danger</b>        | Something that could cause harm.                                   |
| <b>comfortable</b>   | Something that we feel is OK or that helps us to feel settled.     |
| <b>uncomfortable</b> | Something that we feel isn't OK or that makes us feel unsettled.   |
| <b>trusted adult</b> | Adults who we know we can talk to about anything that worries us.  |
| <b>rules</b>         | Instructions we need to follow to stay <b>safe</b> .               |
| <b>consequence</b>   | Things that happen as a result of something else.                  |

## Quiz questions:

What are the main food groups? Why are they each good for your body?

How many hours sleep a night should you have? How much screen time is ok?

How often should you brush your teeth and how should you clean them?

Why is exercise good for you? Can you name two good things that happen to you after exercise?

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.