

Year 1: Health and Wellbeing

Key Learning

Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep.



Foods can be healthy or unhealthy. Depending on their ingredients.

There are things that we do everyday to take care of ourselves, such as:

- Brushing our teeth
- Washing our hands



Some people can help us to stay healthy, such as parents, doctors, nurses and dentists.

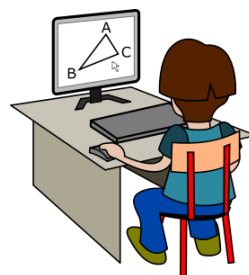
It's important to do exercise every day. This can be little things like running around your back garden, playing games with your friends or even doing chores at home!



There are lots of different ways to play. We can play outdoors, indoors and on iPads or tablets.



Rules are there to keep us safe.

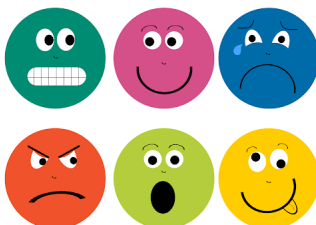


We have basic rules to keep us safe online.

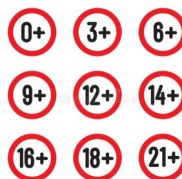
We should know who to tell if we see something online that makes us feel unhappy, scared or worried.



It is important to look after ourselves in the sun, by using sun cream, hats, taking breaks in the shade and lots of other things.



Feelings can affect how other people behave. There are certain ways of recognising how ourselves and other people are feeling.



Some things such as games or films might have age restrictions.

We are all special and unique. Our likes, dislikes and things that we are good at, help us to be unique.



Key Vocabulary

Healthy	Being free from illness or disease.
Hygiene	Practices that are necessary for health.
Unique	Something or someone is unlike anything or anyone else.
Feelings	Something that we feel from within or inside ourselves.
Rule	Something that tells you what is or is not allowed.