



What should I already know?

- Identify what makes them calm, safe and excited
- Name the basic emotions we have and recognize them using face and body clues
- Explain why rest and enjoyable activities are good for the body
- Explain how they feel and who to trust
- Know that we should have a range of different foods
- Know that we should clean our teeth to look after them



Fun Fact

PSHE is not only about teaching children about health and safety but also about fostering their emotional wellbeing and social skills.

Key Vocabulary

Active	Moving around and doing things instead of staying still.
Energy	Being able to move around and do things without getting tired. Food gives us energy to exercise/move.
Healthy	Being in a good state of health and having a strong body, a happy mind and plenty of energy to play.
Bedtime routine	A set time and activities that happen in order before bed – clean teeth, read a story etc
Balanced diet	Eating a variety of foods that come from different food groups.
Bacteria	Tiny cells that build up and can cause issues if it is bad bacteria.
Fluoride	A natural mineral that strengthens tooth enamel and fights mouth bacteria.
Protect	To keep things safe including our bodies.
Healthy habits	Repeating good choices such as eating healthy, exercising regularly and getting enough rest/sleep.



Key Skills I will learn

- Identify some things that help me have a good night's sleep.
- Explain why sleep is important and describe how I feel depending on how well I have slept.
- Name and describe a range of fruits and vegetables.
- Sort foods into simple groups and explain that fruits and vegetables are a healthy choice.
- Identify which foods and drinks should be enjoyed often and which should be enjoyed only sometimes.
- Explain in simple terms why water and healthy foods help the body.
- Explain why teeth should be brushed twice a day and demonstrate correct brushing technique.
- Create a visual timetable that includes a variety of healthy habits from across the unit and explain how these habits help to keep the body and mind healthy.
- Name a variety of ways that I can move my body and describe how moving my body makes me feel healthy, strong and happy.