

Y1 Spring 1 What helps us to stay healthy?

<p>Year 1 Spring What helps us to stay healthy?</p> <p>Theme :Health and Wellbeing Being healthy; hygiene; medicines, people who help us with health</p>		
<p>PoS Core theme 1 Health and wellbeing</p>	<p>Core theme 2 Relationships</p>	<p>Core theme 3 Living in the wider world</p>
<p>Healthy Lifestyles – physical wellbeing H1. about what keeping healthy means; different ways to keep healthy H5. simple hygiene routines that can stop germs from spreading H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health H10. about the people who help us to stay physically healthy</p> <p>Drugs, alcohol and tobacco H37. about things that people can put into their body or on their skin; how these can affect how people feel</p>		
<p>Prior Learning: EYFS people who help us EYFS Growth and change</p>		
<p>End points :-</p> <ul style="list-style-type: none"> •what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) both physically and mentally •Importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise •that things people put into or onto their bodies can affect how they feel •how medicines (including vaccinations and immunisations) can help people stay healthy and that 		

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some people need to take medicines every day to stay healthy

- why hygiene is important and how simple hygiene routines can stop germs from being passed on
- what they can do to take care of themselves on a daily basis, e.g. brushing teeth (a good oral hygiene, dental flossing, regular check up at dentist) and hair brushing and washing, improve physical and mental health

-know about basic personal hygiene – what are germs, bacteria, viruses, how they are spread and how they are treated, importance of hand washing

- Basic first aid – who would help them if they hurt themselves?

How to seek, or who to talk to for support if they are worried about their health

- Know what is a basic healthy diet
- Simple facts relating to allergies, immunisation and vaccinations – age appropriate

Key vocabulary

Hygiene
 Vaccination
 Medication drugs
 Self care
 Mental and physical well being
 Harmful drugs
 First aid

Relationship Education – graduated age appropriate programme links

Physical health and mental well being : Primary

Physical health and mental wellbeing : Primary
Mental Wellbeing
Pupils should know Mental wellbeing is a normal part of daily life same way as physical health
Physical Health and fitness
Pupils should know Characteristics and mental and physical benefits of an active life styles
Importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
How to seek support if they are worried about their health
Healthy Eating
Pupils should know What is a healthy diet
Drugs, alcohol and tobacco
Pupils should know Facts about legal and illegal harmful substances and associated risks
Health and prevention

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Dental health- good oral hygiene, dental flossing, regular check up at dentist
Personal hygiene – germs, bacteria, viruses, how they are spread and how they are treated, importance of handwashing
Facts and science relating to allergies, immunisation and vaccinations
Basic first aid
Concepts of basic first aid, for example dealing with common injuries, including head injuries

Citizenship	Character Education – Penketh Powers Resilience Responsibility Respectfulness Kindness: Penketh School expectations Listen, Do as asked Work well with others Be the best you can be	British values Rule of Law Tolerance and respect Democracy Individual Liberty Protected Characteristics Equality	Careers Curriculum
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Spiritual ability to be reflective about their own beliefs (religious or otherwise) and perspective on life knowledge of, and respect for, different people’s faiths, feelings and values sense of enjoyment and fascination in learning about	Moral ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England understanding of the consequences of their	Social use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds willingness to participate in a variety of communities and social settings,	Cultural understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain
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<p>themselves, others and the world around them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p>behaviour and actions</p> <p>interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p>including by volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>	<p>ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain's democratic parliamentary system and its role in shaping history and values, and continuing to develop</p> <p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p> <p>interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.</p>
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Sequence of lesson to follow

Lesson Plans and resources DfE approved

Email: penketh.head@wpat.uk

Password: penketh22!

<https://pshe-association.org.uk/hcms/mem/login?hsLang=en>

[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

PSHE Association power points, resources linked to topic – click on the purple links to download

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NB: You will need to be logged in to the PSHE Association to access

<p>Spring 1 What helps us stay healthy?</p>	<p>Health and wellbeing Being healthy; hygiene; medicines; people who help us with health</p> <p>PoS refs: H1, H5, H6, H7, H10, H37</p>	<ul style="list-style-type: none"> • what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) • that things people put into or onto their bodies can affect how they feel • how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy 	<p>1 decision - Keeping/staying healthy (E)</p> <p>FPA – Growing up with Yasmine and Tom(E)</p> <p>PSHE Association - Dental Health</p> <p>PSHE Association – Drug and Alcohol Education</p> <p>Lifebuoy - 'Soaper Heroes' lesson plans</p> <p>PSHE Association - Health Education: food choices, physical activity & balanced lifestyles</p>
		<ul style="list-style-type: none"> • why hygiene is important and how simple hygiene routines can stop germs from being passed on • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing 	