

My Healthy Lifestyle (Y1)

What you have already learnt in EYFS:

- You are able to listen and respond to what others have to say and ask questions.
- You can join in with discussions and ask questions to make sure you understand what is being said.
- You can show sensitivity to your own and to others' needs.
- You are able to manage your own basic hygiene and personal needs, including getting dressed, going to the toilet and make healthy food choices.
- You are able to be try new activities and show independence, resilience and perseverance in the face of challenge.
- You have an understanding of your own feelings and of those around you.

Key Skills

Personal Effectiveness

- Resilience (including self-motivation, perseverance and adaptability)
- Strategies for identifying and accessing appropriate help and support

Interpersonal and social effectiveness

- Using skills and attributes to build and maintain healthy relationships

Managing risk and decision making

- Assessing the validity and reliability of information
- Identify links between values and beliefs, decisions and actions
- Making decisions

What you will have learnt by the end of Key Stage 1:

You have learnt about what it means to lead a healthy lifestyle. You know that to be healthy, you must eat correctly, exercise and rest as well as look after your mental health. You are able to wash your hands correctly and understand that this is important to stop the spread of germs and disease. You have learnt a range of strategies to manage your feelings and know who to speak to if you need help. You have also learnt about change and that even changes you want to happen can sometimes make us feel uncomfortable.

Skills and knowledge I may use from other subjects:

English:

- You will become more familiar with stories to help your understanding.
- You will practise speaking and listening.
- You will become more confident in joining in with classroom discussions and asking questions.
- You will be able to practise forming letters and writing sentences.
- You will be able to practise handwriting skills such as holding a pencil correctly and letter formation.

Science:

- You will be able to identify, name, draw and label the basic parts of the human body.

Art & Design:

- Use drawing and painting to develop and share your ideas, experiences and imagination

What you will have learnt by the end of this unit.

- You will what personal hygiene is.
- You will know how to wash your hands properly, how often to wash your body and clean your teeth twice a day.
- You will understand what physical and mental health means and that all humans have it.
- You will know how to keep your body healthy through being active, healthy eating, getting enough rest, dental health, sun protection and looking after your emotional wellbeing.
- You can tell me what you like and dislike.
- You can talk about your emotions and recognise them in other people.
- You know what makes you happy.
- You understand what being resilient means and have strategies you can use.
- You know some of the reasons why change can feel uncomfortable and how to deal with these feelings.

Opportunities for teaching diversity, equality and expanding cultural capital

Opportunities to meet people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities to read stories about people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities for children to extend their knowledge of healthy eating and compare the diet of people living in different parts of the world.

Key Vocabulary

Active - always doing something; busy; full of energy

Choice - the act of picking or choosing

Consequence - something that follows as a result of something else

Emotions - a strong feeling such as joy, hatred, sorrow or fear

Healthy eating - the things you should eat to maintain a balanced diet

Mental health - the condition of someone's mind and emotions

Personal hygiene - the practice of keeping clean to stay healthy and prevent disease

Physical health - describes the condition of your body and includes whether you have an illness or injury

Resilient - being able to withstand and recover quickly from difficulty

Overview

We are learning about ourselves ('Me') and how we can stay healthy.

There are many ways to stay healthy such as:

- Exercising
- Eating healthily
- Having a happy attitude



We will be learning about:

- Which foods keep us healthy and why it is important to eat them
- What personal hygiene is and why it is important
- Our feelings (e.g. happy, sad, excited, disappointed and angry)
- People that can help us to feel better.
- Ways that we can help ourselves to feel better.

Personal Hygiene

Personal hygiene is made up of different things you do each day such as brushing your teeth, bathing and washing your hands.



Brushing your Teeth

It is important to brush your teeth twice each day; once in the morning, and once just before you go to bed at night.

We can visit the dentist who will check our teeth to make sure that they are clean and healthy.

Washing our hands

Washing our hands helps us to stop the spread of germs that can make us poorly. It is important to wash our hands properly. Try following the steps below while singing the song next time you wash your hands!



This is the way we wash our hands, was our hands, wash our hands; this is the way we wash our hands, to make sure they are clean!

Bathing

Having a bath or a shower each day helps us to:

- Get rid of germs
- Help us to smell fresh
- Help us to feel good in ourselves



It can also be a lot of fun too!

Healthy Diet and Exercise

We should eat lots of fresh fruits and vegetables.

We should only eat foods that are high in sugar now and again (such as chocolate and sweets).

We should drink lots of water to help keep our bodies hydrated.

We can stay active by walking, dancing, skipping and running.

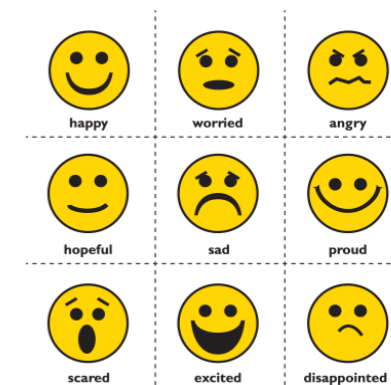
We should spend at least 30 minutes per day exercising.



Feelings and our Emotions

Thinking about Feelings

We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expressions and body language.



We should be able to explain how we feel and why, e.g. "I feel _____ because _____."

We may have different feelings in different places, e.g. at school, at home or in the park.

It is ok to have any feeling. We can talk about our feelings to people that we trust such as our trusted adults (parents/teachers) or our friends.

Feelings and Bodies

We can feel things in our bodies and in our minds.



There are different ways that we can be hurt. We can hurt our bodies, like when we fall over and scratch our knee, or we can hurt our feelings in our mind.

People can hurt each other's feelings by making fun of them or leaving them out of games.

There are different ways that we can get help if we hurt our body (e.g. first aid room) or our feelings in our mind (e.g. trusted adults or friends)

Recall and Remember!

1. Name two ways to stay healthy.
2. How many times a day should you brush your teeth and when?
3. Show me how you wash your hands properly.
4. How do we keep our bodies hydrated?
5. Which foods should we eat lots of?
6. How long should we exercise for a day?
7. How can we tell how someone is feeling? Show me what you might look like if you felt happy, sad, angry, excited.
8. Who can we talk to if we need help?