

- What we already know:**
- What we like and dislike
 - What we need to grow healthy

Health and Wellbeing. KS1 cycle B- PHSE: Healthy eating and exercise

- What's next?**
- Nutrients

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Healthy	In a good physical or mental condition
Exercise	An activity needing physical effort such as running.
Strength	Physically strong
Energy	The power and ability to be physically and mentally active
Movement	A change in body actions such as position, place or posture.
Fruits	A product of a tree or plant that contains seeds
Vegetables	A part of a plant used as food
Vitamins	A nutrient that the body needs to function and be healthy
Minerals	An element in food that our bodies need to develop and function
Balanced	To have food in the correct amounts

What I will know by the end of the unit:

How to have a healthy lifestyle

Food Groups and Balanced Diet:
 Explanation of the main food groups: fruits, vegetables, proteins (meat, fish, beans), dairy, and grains.
 Importance of eating a variety of foods from each group.
 What makes a balanced diet

Benefits of Healthy Eating:
 How different foods help the body (e.g., fruits and vegetables for vitamins, proteins for growth and repair, grains for energy).
 The role of water and staying hydrated.
 Examples of healthy snacks and meals.

Exercise and Physical Activity:
 Different types of physical activities (running, jumping, playing sports, dancing).
 Importance of daily physical activity.
 How exercise helps keep the body healthy (e.g., strengthens muscles, improves mood, boosts energy).

Healthy Habits:
 Importance of regular meals and not skipping breakfast.
 Limiting sugary snacks and drinks.
 Making time for physical play every day.



What Happens During Exercise?

Complete the labels showing what happens when you exercise.

Your brain can

Your heart

Your muscles can

If you keep exercising you will

You breathe

Your skin might

Words to use:

get sweaty

feel more awake

get fitter

beats faster

more quickly

feel sore

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What we already know:

- We take medicine when we are poorly

Health and Wellbeing. KS1 cycle B- PHSE: Medicines and household products

What's next?

- Legal and illegal drugs

PHSE Golden Concepts

Respect	Safety	Communication	Health	Relationships
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Key Vocabulary

Medicine	Prevention and treatment of disease
Prescription	A medicine given to you by a doctor
Dosage	Amount of medicine you should take
Chemicals	A substance that has been created or prepared
Safety	Being safe from risks, injury or dangers
poisonous	Something that can cause illness or death
Pharmacist	Someone who is able to prepare and give medicines

What I will know by the end of the unit:

How to be safe near medicines

<p>What Are Medicines? Definition and purpose of medicines. Different types of medicines (e.g., tablets, liquids, creams). Who can give you medicine (e.g., doctors, parents, caregivers).</p>
<p>Safe Use of Medicines Importance of taking the correct dosage. Only taking medicines given by a trusted adult. Not sharing medicines with others.</p>
<p>Understanding Household Products Common household products (e.g., cleaning products, laundry detergents). Recognizing that some household products can be dangerous if not used properly. Understanding warning labels and symbols.</p>
<p>Safety Around Medicines and Household Products Keeping medicines and household products out of reach of children. Importance of adult supervision when using these items. What to do in case of accidental ingestion or contact (e.g., tell an adult immediately).</p>



What we already know:

- How to keep clean and healthy as we grow

Health and Wellbeing. KS1 cycle B- PHSE: Hygiene

What's next?

- Germs and infections

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Hygiene	Practices to keep healthy and clean
Germs	Bacteria that can cause disease or illness
Bacteria	Large group of germs and cells that can cause illness
Virus	An infectious illness
Illness	Sickness affecting the body or mind
Infection	Having bacteria or a virus in a wound
Prevention	Stopping something from happening
Habits	Something we do a lot
Cleanliness	Quality of being clean

What I will know by the end of the unit: How keeping clean keeps us healthy



Introduction to Hygiene

Definition of hygiene and its importance.
How good hygiene helps keep us healthy.

Hand Hygiene

When to wash hands (e.g., before eating, after using the toilet, after playing outside).
How to wash hands properly (steps: wet, soap, scrub for 20 seconds, rinse, dry).
The role of hand sanitizers when soap and water are not available.

Oral Hygiene

Importance of brushing teeth twice a day.
How to brush teeth properly (technique, duration).
Role of flossing and visiting the dentist.

Body Hygiene

Importance of regular bathing/showering.
Keeping hair clean and combed.
Wearing clean clothes.

Other Personal Hygiene Practices

Keeping nails trimmed and clean.
Covering mouth and nose when coughing or sneezing (using tissue or elbow).
Proper disposal of tissues and hygiene products.

