

What I will Learn:

Healthy Choices.

*I can understand choices that I make everyday to keep myself healthy.

*I can understand healthy vs unhealthy in my diet, exercise, hygiene and sleep.

Growing and Changing.

*I can understand that my strengths and interests are part of who I am.

*I know that some things are a challenge but I have strategies to cope with these.

Keeping Safe.

*I can understand what is meant by a hazard and identify these in my home and at school.

*I know how to assess and manage risk in different situations.

PSHE - Summer 1 Health & Wellbeing



Vocabulary:

Healthy - something that is good for you or your body.

Unhealthy - somethings that is not good for you or your body.

Strengths - things that you are good at doing.

Interests - things that you enjoy doing for fun.

Challenges - problems that you have to face to complete something.

Strategies - methods of doing things to overcome a challenge or problem.

Hazards - things that can be a risk to ourselves and others.

Risks - something that can expose us to danger.

