

What I will learn:

Healthy Lifestyle

- How physical activity helps us to stay healthy
- Why sleep is important.
- That medicines, including vaccinations and immunisations can help people stay healthy.
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Ourselves, growing and changing

- about growing and changing from young to old.
- About the human life cycle

Keeping Safe

- Learn about how to keep ourselves safe at home and in unfamiliar places
- How to get help in an emergency and learn about the people who help to keep us safe.



PSHE Health and Well-being Year 1 and 2



Key Vocabulary

Safety - to keep from harm

Well-being- Physical and mental health

Friendship- a friend is a person that someone knows and likes.

Respect - thinking about someone's feelings, thoughts or ideals and admiration for a person.

Choices - choose between two or more possibilities

Balanced - In good proportion or equal amount

Healthy - to keep your body and mind fit.

Hygienic - Being healthy and preventing disease by being clean.

Medicines- Treatment and prevention of disease or illness.

Sleep - To lie with your eyes closed and with little body movements to recharge your body and mind.

Trust-To believe in something or someone.

Unhealthy - To choose things which do not keep your mind and body fit and well.



