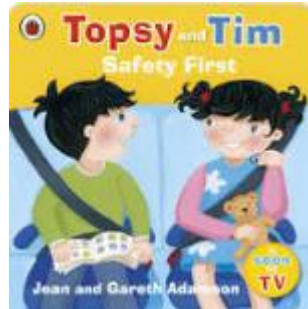




RSE

Year group: 1

Term: Summer



Topic overview

To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

Physical health and Mental wellbeing

Keeping healthy; food and exercise; hygiene routines; sun safety

Prior knowledge

- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

National Curriculum Objectives

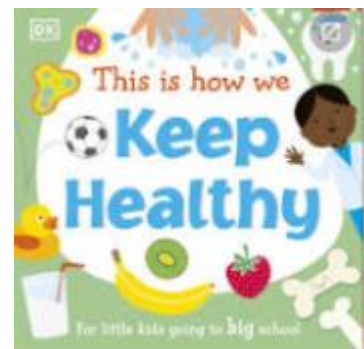
By the end of primary school:

Pupils should know

- the importance of self-respect and how this links to their own happiness.

By the end of this unit, I will be able to:

- what it means to be healthy and why it is important
- ways to take care of themselves on a daily basis
- about basic hygiene routines, e.g. hand washing
- about healthy and unhealthy foods, including sugar intake
- about physical activity and how it keeps people healthy
- about different types of play, including balancing indoor, outdoor and screen-based play
- about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors
- how to keep safe in the sun



Key vocabulary

Healthy, hygiene, care, unhealthy, balance, safe