



PSHE



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# Year 1 Being the Healthiest Me Autumn 2



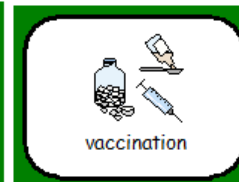
How can I be healthy?



Why is it important to be healthy and how to show resilience when asking for help?



Key Vocabulary	Definition
healthy	To have the body and mind that are well, fit and free from sickness.
exercise	An activity that is done to keep the body and mind strong and healthy.
medicine	A substance used to treat disease, pain or injury.
vaccination	To give a vaccine to help our immune system protect against the disease.
immunisation	Protection from a disease after vaccination.



Key Outcomes
I know my <b>strengths</b> and what to get better at.
I can recognise my <b>feelings</b> and I know how to deal with them.
I know how to <b>stay healthy</b> through diet and exercise.
I understand the importance of personal <b>hygiene</b> .
I know that there are people in my <b>community</b> (like doctors and dentists) who can help me to stay healthy.
I know how to ask for support in a <b>resilient</b> way.

Key Skills
I can share views respectfully.
I can agree and disagree respectfully.
I know how to connect my ideas.
I can give evidence and examples to prove my ideas.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) <a href="https://www.nspcc.org.uk">https://www.nspcc.org.uk</a>
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>
Teachers or School Staff	<a href="https://www.nhs.uk/live-well">https://www.nhs.uk/live-well</a>