



**Learning Module:
Spring Term 2 / Puzzle 4
Year 1 – Healthy Me**

Pupil outcomes as a result of this module –

Children will learn how to make healthy food choices, about handwashing and keeping safe from germs, about how to be safe crossing the road and how being healthy makes you feel happy.

<u>Knowledge</u>	<u>End of Year/Key Stage Objectives</u>
<ul style="list-style-type: none"> ○ I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. ○ I know how to make healthy lifestyle choices. ○ I know how to keep myself clean and healthy, and understand how germs cause disease/illness. ○ I know that all household products including medicines can be harmful if not used properly. ○ I understand that medicines can help me if I feel poorly and I know how to use them safely. ○ I know how to keep safe when crossing the road, and about people who can help me to stay safe. 	<p>1a, to recognise what they like and dislike, what is fair and unfair and what is right and wrong</p> <p>1b, to share their opinions on things that matter to them and explain their views</p> <p>1c, to recognise, name and deal with their feelings in a positive way</p> <p>1d, to think about themselves, learn from their experiences and recognise what they are good at</p> <p>2a, to take part in discussions with one other person and the whole class</p> <p>2c, to recognise choices they can make and recognise the difference between right and wrong</p> <p>2e, to realise that people and other living things have needs and that they have responsibilities to meet them</p> <p>2f, that they belong to various groups and communities, such as family and school</p> <p>3a, to make simple choice that improve their health and well-being</p> <p>3e, to know the names of the main parts of the body</p> <p>4b, to listen to people and play and work cooperatively</p> <p>4c, to recognise how their behaviour affects other people, to identify and respect the differences and similarities between people</p> <p>4d, that family and friends should care for each other</p>
<p><u>Skills</u></p> <ul style="list-style-type: none"> ○ I feel good about myself when I make healthy choices. ○ I am special so keep myself safe. ○ I know some ways to help myself when I feel poorly. ○ I can recognise when I feel frightened and know who to ask for help. 	
<p><u>Understanding</u></p> <ul style="list-style-type: none"> ○ I can recognise how being healthy helps me to feel happy. ○ I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy. ○ I can give examples where being healthy can help me feel happy. 	