

# Keeping/Staying Healthy

TOPICS: What I Know Now and Washing Hands - *Suggested for Year 1*

Our school delivers this topic in year(s):

## Year Intent



In Year 1, children begin to develop an early understanding of how to stay healthy in everyday life. They explore their ideas about what helps keep their bodies and minds well, recognising healthy and less healthy choices at home, at school and in the community.

Children learn simple habits that support good health, such as eating balanced foods, being active and keeping clean.

They also learn how germs can spread and the importance of routines like washing hands.

## Curriculum Links

### Statutory RSHE Links

Families and people who care for me; General wellbeing; Physical health and fitness; Healthy eating; Health protection and prevention

## Knowledge & Skills Progression

### What I Know Now - *Pupils can...*

- share their existing ideas about what helps people stay healthy
- begin to recognise choices that help keep their bodies healthy
- identify healthy and less healthy choices in everyday situations
- suggest simple habits that help keep themselves and others healthy

### Washing Hands - *Pupils should...*

- understand why it is important to wash our hands
- explain how germs spread and how they affect our health
- demonstrate correct handwashing technique
- begin to identify healthy and unhealthy choices

## I will learn the following new words/phrases:

I now know...

<b>Healthy</b>	In good physical or mental condition.
<b>Unhealthy</b>	Not in good physical or mental condition.
<b>Germs</b>	Tiny organisms that can cause disease.



## Ask me a question!

**What does a healthy person look like?**

**How can you stay healthy?**

**What does an unhealthy person look like?**

**Why is important to wash our hands?**

**When should we wash our hands?**

**What are germs?  
What can they do?**