

British values: Respect, Individual liberty

Knowledge

- what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)
- that things people put into or onto their bodies can affect how they feel
- Understand that everybody has their own choice of what to eat, how to stay healthy (individual liberty)
- how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy

Social and emotional skills

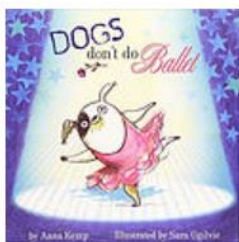
- Feel good about themselves when they make healthy choices
- Keep themselves safe
- Recognise ways to look after themselves if they feel poorly
- Recognise how being healthy helps them to feel happy (*self respect*)
- Understand that each person is free to choose what is right (*individual liberty*)

Key questions

- Can you give me an example of a healthy / unhealthy choice?
- How do you feel when you make a healthy choice?
- What can you do when you feel poorly?
- Who can we get help from to stay healthy?

Key Vocabulary: Healthy, Unhealthy, Balanced, Exercise, Sleep, Choices, Clean, Body parts, Keeping clean, Toiletry items (e.g. toothbrush, shampoo, soap), Hygienic, Safe Medicines, Trust, Safe, Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait

**Linked text
(individual liberty)**



Available via youtube

