

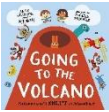




South Gosforth First School
PSHE –Year One Spring 1 Overview



 <h3 style="text-align: center;">What helps us stay healthy?</h3> 				
Health and Wellbeing	Being healthy; Hygiene; Medicines; People who help us with health			
In this unit pupils learn:	<ul style="list-style-type: none"> • 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 • how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy • why hygiene is important and how simple hygiene routines can stop germs from being passed on • what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing 			
PSHE Association Programme of Study references:	<p>H1: about what keeping healthy means; different ways to keep healthy</p> <p>H5: simple hygiene routines that can stop germ spreading</p> <p>H6: that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p>H7: about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>H10: about the people who help us to stay physically healthy</p> <p>H37: about things that people can put into their body or on their skin; how these can affect how people feel</p>			
Key vocabulary:	healthy; medicine; vaccinations; immunisations; hygiene; care; germs; clean;			
No Outsiders Text: 	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; text-align: center;"> 'Going to the Volcano' by Andy Stanton </td> <td style="width: 33%; text-align: center;"> Learning Intention: To join in </td> <td style="width: 33%; text-align: center;"> Success Criteria: I know we are all different I know we can play together I can join in </td> </tr> </table>	'Going to the Volcano' by Andy Stanton	Learning Intention: To join in	Success Criteria: I know we are all different I know we can play together I can join in
'Going to the Volcano' by Andy Stanton	Learning Intention: To join in	Success Criteria: I know we are all different I know we can play together I can join in		