



Key Vocabulary:	
healthy	Healthy means being well and feeling good. It can also mean eating good food and doing things that are good for your body.
hygiene	Hygiene means being clean and taking care of your body, like washing your hands.
routine	A routine is a set way of doing things, like what you do every day.
exercise	Exercise means moving your body to make it strong and healthy, like running or playing sports.
play	lay means having fun and doing activities that you enjoy, like games or sports.
doctor	A doctor is a person who helps sick people feel better and stay healthy.
nurse	A nurse is a person who helps take care of patients in hospitals and provides medical support.
dentist	A dentist is a doctor who takes care of our teeth and gums.
pharmacist	A pharmacist is a person who prepares and gives out medicines to people.
parents	Parents are the people who take care of you and help you grow, usually your mum and dad.

Sequence of Learning:					
Objectives (key knowledge):					
To know what it means to be healthy and why it is important.	To know ways to take care of themselves on a daily basis inc basic hygiene routine, e.g. hand washing, toothbrushing and sun safety.	To know about healthy and unhealthy foods, including sugar intake.	To know about physical activity and how it keeps people healthy.	To know about different types of play, including balancing indoor, outdoor and screen-based play.	To know about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, pharmacist
Child facing objectives.					
To know what healthy means and why it is important.	To know different ways to look after myself every day.	To know which food are health and which are unhealthy	To know that exercise keeps us healthy	To know how to get a balance of inside and outside play.	To know the adults that help keep us healthy.