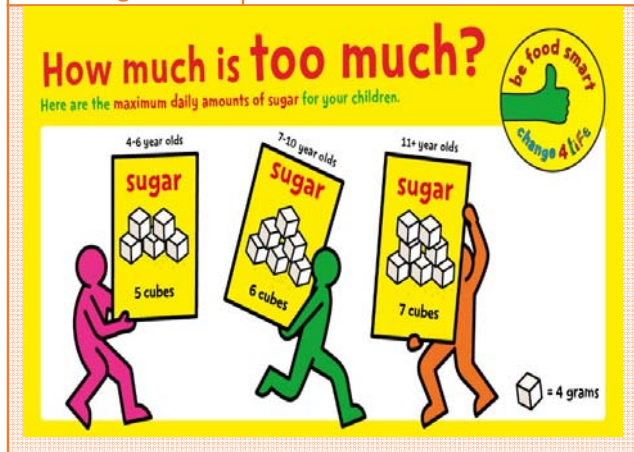


Year 1 and 2: Health and Wellbeing

| Subject Specific Vocabulary | |
|-----------------------------|--|
| Healthy | Strong and well |
| Exercise | Physical activity that you do to make your body strong and healthy |
| Diet | The food and drink that a person usually eats or drinks |
| Germ | A very small organism that causes diseases |
| Tooth decay | When teeth become damaged or weaker |



What helps us grow and stay healthy?

- What I will learn by the end of this topic:**
- That different things help our bodies to be healthy
 - How sugar can affect our health, including dental health
 - How much rest and sleep you should have everyday
 - How to know when to take a break from screen-time activities
 - How to keep safe in the sun and how it helps our bodies grow

Keeping Active

Previous Learning

- I know the importance for good health of physical exercise and a healthy diet
- I can talk about ways to keep healthy
- I know basic hygiene