



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PSHE: Healthy Me Year 1

Key Vocabulary		✓
Healthy	Keeping your body well and not feeling sick	
Unhealthy	Not looking after your body properly	
Choices	Picking between two different things	
Exercise	Playing and being active to keep your body healthy	
Hygienic	Keeping your body clean	
Medicines	Something you take if you are hurt, in pain or feeling unwell	
Green cross code	Rules to help you cross the road safely	
Safe	To feel protected against harm	
Clean	To not be dirty	

Key Topics ✓

There is a difference between being healthy or unhealthy		
I can make healthy choices		
I can keep myself clean and know about germs		
Medicines can make me feel better		
I need to be careful when crossing the road		
I can keep myself safe and healthy		

How to be Healthy ✓

	Food	
	Exercise	
	Sleep	
	Brushing your teeth	
	Using suncream	
	Families	

Being healthy

Healthy choices

Clean and healthy

Medicine safety

Road safety

Happy, healthy me

