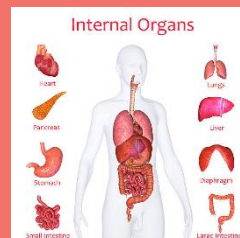


Knowledge

- ❖ Explain how germs can be spread.
- ❖ Understand that vaccinations can help to prevent certain illnesses.
- ❖ Can discuss the importance of dental hygiene and routine.
- ❖ Understands that the body gets energy from food, water and oxygen.
- ❖ Recognises that exercise and sleep are important to health.
- ❖ Name major internal body parts (heart, blood, lungs, stomach, small and large).



Prior Knowledge (Year R)

- ❖ Knows the 5 a day rule.
- ❖ Knows at least 3 different food groups.
- ❖ Knows what germs and diseases are.
- ❖ Knows different ways to keep their body clean.
- ❖ Can name major internal organs.

Skills

- ❖ Choose a healthy meal with different food groups.
- ❖ Knows how to wash hands.
- ❖ Be persistent when learning a new skill.
- ❖ Name a few different ideas of what they can do if they find something difficult.
- ❖ Help their friends when they fall out.
- ❖ Explain why praise helps them to keep trying.

Key Vocabulary

- ❖ injection
- ❖ vaccination
- ❖ disease
- ❖ dental
- ❖ oxygen
- ❖ exercise
- ❖ brain
- ❖ heart
- ❖ lungs
- ❖ stomach
- ❖ small intestine
- ❖ large intestine
- ❖ encourage
- ❖ achieve
- ❖ mindset

Safeguarding

- ❖ Can identify trusted adults they can talk to (at home and in school), who will help keep them safe.