



PSHE Overview

Being Healthy

Year Group: Year 1

Term: Summer 1

Protected characteristic: disability (hidden disability-mental health)

British values: individual liberty, mutual respect

We Are Learning to:

Identifying different ways to keep healthy.	Exploring how physical activity helps us to stay healthy.
Demonstrating simple hygiene routines that can stop germs from spreading.	Recognising why sleep is important and different ways to rest and relax.
Recognising the importance of knowing when to take a break online/offline.	Describing different ways of keeping safe in the sun to reduce skin damage.
Recognising foods that support good health; the risks of eating too much sugar.	Exploring what good dental care is; identifying food and drink that supports dental health.



Useful conversations to have at home:

Talk about food choices and the importance of moderation.

Explain why we need to apply sun cream and wear a sunhat during the Summer months.

How do you know when you need a break? Talk about ways to relax and unwind after a busy day.

