

CHARACTER EDUCATION

What I already know:

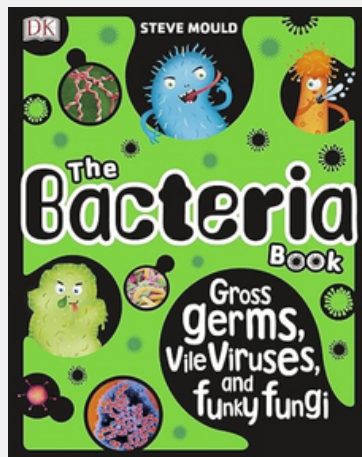
The different factors that support my overall health and wellbeing;

- regular physical activity
- healthy eating
- toothbrushing
- sensible amounts of 'screen time'
- having a good sleep routine
- being a safe pedestrian

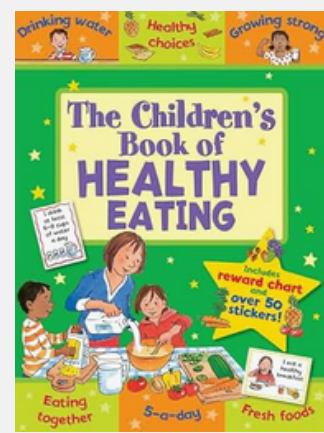
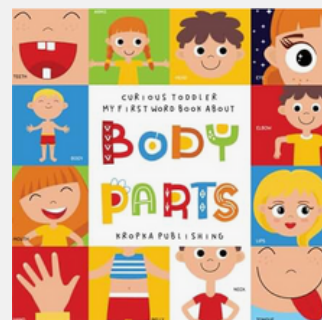
Gems of knowledge

I will be able to:

- Name body parts including different parts for boys and girls.
- Understand the importance of and how to maintain personal hygiene.
- Understand how some diseases are spread.
- Describe the components of a balanced diet.



I can read



Happy and Healthy Me
Cycle B Year 1/2
Spring 2

British Values

- Democracy
- Rule of Law
- Respect and Tolerance
- Individual Liberty

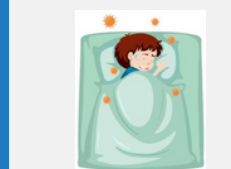
Key vocabulary

Balanced diet



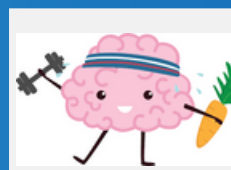
a diet including a variety of different types of food so that you have the amounts of the nutrients needed for good health.

Disease



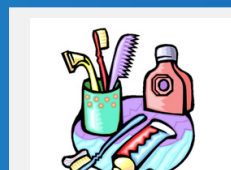
a disease is a condition that stops the proper function of the body or of one of its parts.

Healthy



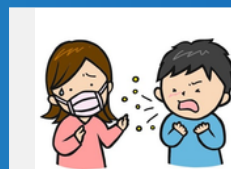
in a good physical or mental condition; in good health.

Hygiene



is the way we care for our bodies. It includes many activities, such as washing hands, brushing teeth, and bathing.

Infection



an illness caused by germs.

Well-being



being healthy, happy, and comfortable.