

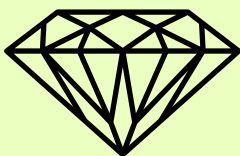
What I already know:

- What I should do in an emergency.
- The hazards in my home.
- How to stay safe on roads.
- People who help to keep me safe.

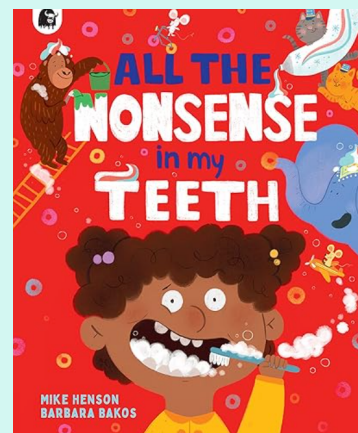
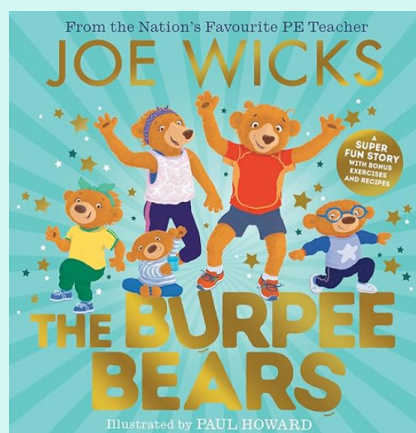
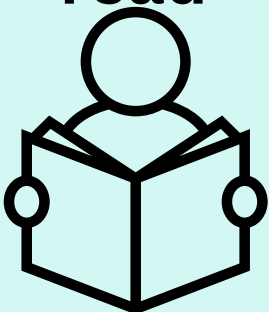
Gems of knowledge

I will know:

- Why sleep is important.
- Why exercise is important.
- How I can act when I have different emotions.
- What a healthy diet is.
- How to look after my teeth.
- How to stop germs from spreading.
- How to stay safe in the sun.
- Why flu vaccinations are important.
- What an allergy is.
- People who help to keep me healthy.



I can read



British Values

- Rule of Law
- Individual Liberty

Key vocabulary

Year 1/2 - Health and Wellbeing - Cycle A - Summer

Exercise



Moving your body to stay fit and strong.

Healthy



Feeling well and taking care of your body.

Diet



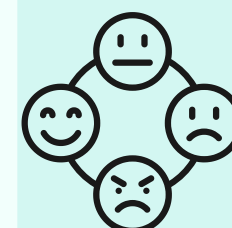
The food and drinks you have every day.

Relax



Resting your body and mind to feel calm.

Emotions



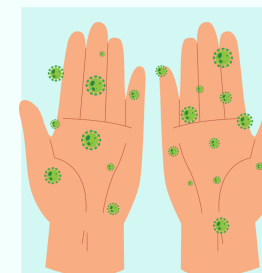
Feelings like being happy, sad or worried.

Vaccination



Something that protects you from getting ill.

Germs



Tiny things that can make you poorly if they get into your body.