

Curriculum overview

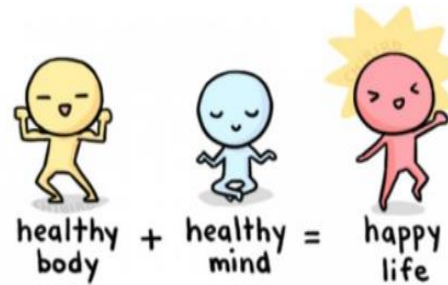
This topic will explore different ways to keep their body healthy. Pupils will describe different ways of keeping safe in the sun and recognise the importance of knowing when to take a break online/offline.

Key vocabulary

Hygiene	Keeping ourselves clean to stay healthy and well.
Exercise	To do a task which involves movement and fitness.
Oral hygiene.	To clean the areas inside your mouth to prevent infection.
Unhealthy	To choose things which do not keep your mind and body fit and well.
Healthy	To keep your mind and body fit and well.
Safety	Protect from danger, risk or injury.

Our topic is...

Being Healthy



This helpful book explains our feelings.



Sticky knowledge

Fruits and vegetables are needed for a healthy body.

Too much sugar is not good for a healthy body.

Keeping clean is important for a healthy body.

Sleep is important for a healthy body.

Using sunscreen is important to protect your body from sun damage.

