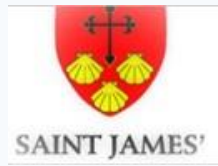
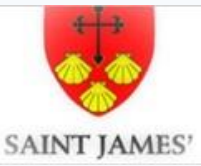


The ASPIRE Curriculum-Key Learning

Title: Healthy Me

Year 1 Spring 2

Subject: PSHE



Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary	
<ul style="list-style-type: none"> I can understand the difference between being healthy and unhealthy. I can understand some ways to keep healthy. I can understand how to make healthy lifestyle choices. I can understand how to keep myself clean and healthy, I can understand that germs cause disease / illness. I can understand that all household products, including medicines, can be harmful if not used properly. I can understand that medicines can help me if they feel poorly. I can understand how to keep safe when crossing the road. I can understand about people who can keep me safe. 	<ul style="list-style-type: none"> I feel good about myself when I make healthy choices. I know that I am special. I can keep myself safe. I can recognize ways to look after myself if I feel poorly. I recognize when I feel frightened and know how to ask for help. I understand how being healthy helps me to feel happy. <div data-bbox="835 796 1235 863" style="background-color: red; color: white; text-align: center; padding: 5px;">Green Cross Code</div> <div data-bbox="861 878 1223 1142"> </div> <div data-bbox="1274 835 1681 1335"> </div> <div data-bbox="127 1182 394 1306" style="background-color: red; color: white; text-align: center; padding: 5px;">Toiletry items</div> <div data-bbox="433 1120 738 1328"> </div> <div data-bbox="764 1206 1057 1278" style="background-color: red; color: white; text-align: center; padding: 5px;">Medicine</div> <div data-bbox="1095 1149 1235 1335"> </div>	<p>Choices</p> <p>Exercise</p> <p>Green Cross Code</p> <p>Healthy</p> <p>Jigsaw charter</p> <p>Medicines</p> <p>Safe</p> <p>Safety</p> <p>Toiletry items</p> <p>Trust</p> <p>Unhealthy</p>	<p>What someone chooses.</p> <p>Using your body to make you strong and healthy.</p> <p>Simple rules to follow when crossing the road.</p> <p>Free from illness or good for you.</p> <p>A set of rules that we all agree to.</p> <p>Used to try and treat an illness.</p> <p>Free from danger.</p> <p>Being safe and protected.</p> <p>Such as shampoo, soap, shower gel and toothpaste.</p> <p>A person or thing that can be trusted.</p> <p>Not in good health or not good for you.</p>

Healthy Me

