

Physical Health 1

Dental Health

Core Concepts

Health RP2

Key Vocabulary

Teeth – hard, pointed structures in the mouth

Germs – microorganism which causes disease

Plaque – sticky deposit on the teeth

Decay – rot on the teeth from bacteria

Bacteria – microorganism which cause disease

Clean – free from dirt and germs

Brushing – to remove germs and dirt by sweeping/rubbing over teeth

Toothbrush – a small brush with a long handle for cleaning teeth

Please do not do egg/tooth investigation as this is carried out in Science Cycle A Autumn 1 topic.

Stages

Stage 1 – Know that they have to keep their teeth clean.

Stage 2 – know that they have germs/bacteria in their mouth

Stage 3 – Know that they have to brush their teeth to keep them clean

Stage 4 – Understand that if they do not brush their teeth then they will develop plaque and decay

Stage 5 – Understand how to brush their teeth.

Key knowledge:

Know how to brush their teeth

Know how often to brush their teeth

Know how often to visit the dentist

Unit Outcome

Understand the importance of dental health.

Enquiry Questions

Why do I have to brush my teeth?

Useful resources

All about healthy teeth ppt

Oral health

Personal Hygiene

Core Concepts

Health RP2

Key Vocabulary

Personal – belongs to a particular person

Hygiene – keeping yourself clean

Clean – free from dirt and germs

Wash – clean with water and soap

Germs – microorganism which causes disease

Stages

Stage 1 – know what personal hygiene means

Stage 2 – Understand that there are different parts to personal hygiene eg washing hands/ clean clothes/ brushing teeth etc

Stage 3 – Understand why personal hygiene is important.

Unit Outcome

To practice good personal hygiene, including hand washing

Enquiry Questions

Why do I need to keep clean?

Useful resources

Pixl – personal hygiene

Personal hygiene ppt

Looking after yourself activity sheet

Online Relationships 1

Core Concepts

Respectful relationships including online RP3

Key Vocabulary

Online – on the computer

being connected to the internet

Friendship – being friends with somebody

Peers – people the same age or ability

Boundaries – knowing how to behave with a friend

Stranger – a person you do not know

Safely – to do something that will not cause harm or injury

Stages

Stage 1 – Understand that they can communicate with people online

Stage 2 – Understand that because we cannot always see people online that we cannot always be certain who we are talking to.

Stage 3 – Know that people can behave differently online to when we can actually see some one

Stage 4 – Understand that someone can pretend to be someone they are not

Unit Outcome

Understand that people behave differently online, including pretending to be someone they are not.

Enquiry Questions

How do I know who I am talking to online?

Why would somebody pretend to be somebody they are not?

Useful resources

Traditional Tales internet safety powerpoint

**Pre-teach from Online
relationships Cycle A Spr 1**

To respond safely and appropriately
to adults they may encounter who
they may not know.

Physical Health 1

Healthy Eating- To be able to talk about what makes an unhealthy diet including nutritional content (year 1 focus on food groups year 2 focus on a balanced diet).

Core Concepts

Health RP2

Key Vocabulary

Food	something that we eat to help us live and grow
Health	to be free of illness or injury
Healthy	to be in good health
Energy	strength to complete physical or mental activities
Fruit	something from a tree or plant that contains seeds and can be eaten
Vegetables	plant or part of a plant used as food
Protein	part of our diet which is good for bones, muscle, skin and blood
Sugar	a sweet substance from plants
Dairy	something made from milk
Vitamins	help our development and growth
Fat	comes from plants and animals and is used in cooking
Carbohydrate	in food and help to release energy
Balance	having a variety of food
Variety	a range of things
Nutrition	the process of obtaining food for health and growth
Diet	the kinds of food that a person eats
Food groups	a group of foods that have similar nutritional properties

Stages

Stage 1 – understand why we need to eat healthily

Stage 2 – Know that if we don't eat healthily that we can become ill

Stage 3 – name healthy foods/name unhealthy foods

Stage 4 – understand that foods belong to different food groups *focus for Y1*

Stage 5 – understand that we need to have a balanced diet *focus for Y2*

Unit Outcome

Healthy Eating- To be able to talk about what makes an unhealthy diet including nutritional content

Enquiry Questions

1. What can I eat for dinner to be healthy?
2. What types of snacks are healthy?

Useful resources

Pixl Healthy eating powerpoint – this could be used and worked through for this topic.