

# Year 1– Knowledge Mat– PSHE *Healthy Me*

## Definitions

word	definition
exercise	Keeping the body healthy through being active
healthy	Being free from sickness, well and fit
balanced	Things occur in equal or proper amounts
medicines	Something , a pill or liquid to prevent , cure

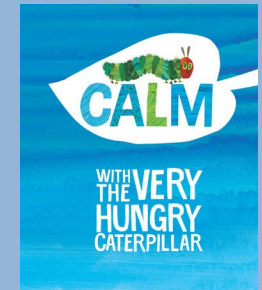
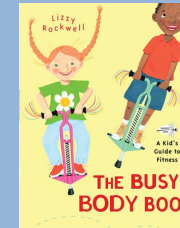
## Key Vocabulary

Unhealthy, sleep, choices , clean, body parts, safe, safety , look, listen, wait

## Focus

- Know the difference between healthy and unhealthy
- Know how to make healthy life-style choices
- Know that germs cause disease/ illness
- Know that medicines can help if they feel poorly
- Know that all household products, including medicines can be harmful if not used properly
- Know how to keep safe when crossing the road

## Interesting Books



## Home Activities

- Play an active game
- Help to prepare a healthy meal
- Look at baby pictures and talk to grownups about all the things you have already learnt to do