



PSHE: HEALTH AND WELL-BEING

KS1

PSHE Units of Learning:

Y1/3/5: Individuality, Independence and Assertiveness; Growing Up, Staying Healthy and Making Ambitions.

Y2/4/6: Following the Law, Staying Safe and Overcoming Peer Pressure; Changes, Transitions and Positivity.

Key knowledge

Exercise, healthy eating and good hygiene contributes to our wellbeing.

Some substances can be harmful e.g. drugs, alcohol, tobacco

We keep our teeth healthy by brushing twice a day for two minutes. It is important to brush your teeth and gums in circular movements, using a fluoride toothpaste.



Our actions and behaviour affect others people, including our friends and family.

The choices we make have consequences.

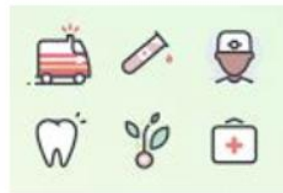
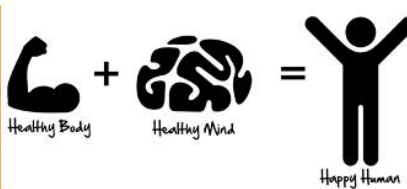
Boost-ups can make people feel good; put-downs can make people feel bad

Everyone has the right to feel safe.

Key vocabulary

This is the vocabulary that will help us talk about our learning

ambition	want to succeed or reach a goal
assertive	to be confident to stand up for what you believe
change	when something becomes different
healthy	in good physical and mental health
fluoride	An ingredient of toothpaste that makes your teeth stronger and protects from tooth decay
peer pressure	influence from a member of a group
safe	protected from harm or danger



British Values

- democracy
- the rule of law
- individual liberty
- mutual respect
- tolerance of those of different faiths and beliefs

Take a moment to think about how lucky we are to live in Britain, a country with such strong values.