

Year 1

Health and Wellbeing



We are learning about:

Healthy Lifestyles

- To understand the things that keep our bodies healthy (physical activity, sleep, rest, healthy food).
- To know about basic personal hygiene routines and why these are important.

Growing and changing

- To recognise what they are good at and set simple goals.

Vocabulary:

- healthy, choices, feelings, strategies, special, manage, different,