

Health and Well-being



Healthy Lifestyles

To recognise how to make healthy choices about their physical and emotional health.

To recognise good and not so good feelings and using vocabulary to describe their feelings to others.

Identifying simple strategies for managing feelings.

Growing and changing

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

To identify how they are growing, changing and becoming more independent.

To learn the correct names for the main parts of the body of boys and girls, including external genitalia.

Keeping safe

To know how to keep safe in different situations and how to ask for help if they are worried about something.

To understand privacy in different contexts.

Vocabulary

Independent, words for external genitalia, privacy

Healthy, physical, emotional, choices, strategies, social, goals