

# Year 1 – Autumn 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:**

- Physical activity, sleep, rest, healthy food, personal hygiene, loss, feelings