

Year 1 PSHE Summer 1 – It's my body!

This half term, we will be learning all about how to make important choices about our bodies. We will read “The Best Me” by Marvyn Harrison to support our learning.



I can choose what happens to my body.

We will discuss the difference between making choices for ourselves and having decisions made for us. We will learn how our grown ups can help us make healthy choices.

I can make healthy choices about sleep and exercise.

We will learn about why sleep is important and different ways to rest and relax. We will learn about how physical activity helps us to stay healthy; and ways to be physically active everyday

I can make healthy choices about food and drink.

We will discuss the importance of a healthy balanced diet and learn how to make healthy choices about what we eat and drink.

I can understand how to keep my body clean

We will learn how to keep our bodies and teeth healthy by looking at simple hygiene routines to keep germs away! We will talk about the different types of grown ups who can help us do this, like dentists!

I understand what is safe to eat or drink.

We will learn that not everything is safe to eat or drink and some things can be harmful! We will learn how to recognise risk in simple everyday situations and what action to take to minimise harm.