The ASPIRE Curriculum-Key Learning

Title: Healthy Me Year: Year 1 Subject: PSHCE

Key Knowledge	Key Skills	Key Vocabulary	
• Know the difference between being healthy and unhealthy	• Feel good about themselves when they make healthy choices • Realise that they are special • Keep themselves safe • Recognise ways to look after themselves if they feel poorly • Recognise when they feel frightened and know how to ask for help • Recognise how being healthy helps them to feel happy		Healthy
• Know some ways to keep healthy			Unhealthy
• Know how to make healthy lifestyle choices			Balanced
• Know how to keep themselves clean and healthy			Exercise
• Know that germs cause disease / illness			Sleep
• Know that household products can be harmful if not used properly			Choices
• Know the medicines can help them if they feel poorly			Clean
• Know how to keep safe when crossing the road			Hygienic
• Know about people who can keep them safe			Safe medicines
			Trust
			Safe
			Safely
			Green Cross Code
			Body parts