



# Year 1: Physical Health and Mental Health

Subject Specific Vocabulary		Hygiene	Important knowledge about physical health and mental health
<b>healthy</b>	Feeling good and your body feels good.	 <p>The top section shows a handwashing guide for Coronavirus (COVID-19) with six steps: 1. Palm to palm, 2. Back of hands, 3. In between the fingers, 4. The back of the fingers, 5. The thumb, 6. The tips of the fingers. It also says 'Wash your hands with soap and water more often for 20 seconds'. The bottom section is titled 'HOW TO BRUSH YOUR TEETH' and shows a toothbrushing technique with a 2-minute timer.</p>	<input type="checkbox"/> I know how to keep my skin safe from the sun.
<b>unhealthy</b>	Not having good health.		<input type="checkbox"/> I know that being active can help me to stay healthy.
<b>active</b>	Doing exercise.		<input type="checkbox"/> I know that dentists can help to keep teeth healthy.
<b>dental</b>	All about teeth.		<input type="checkbox"/> I know that brushing teeth can keep my teeth clean and healthy.
<b>decay</b>	When teeth go bad.		<input type="checkbox"/> I know how to clean my teeth properly.
<b>hygiene</b>	To wash hands well.		<h2>Keeping ourselves healthy and safe</h2>
<b>routine</b>	A sequence of events.	<input type="checkbox"/> I can identify food and drink with sugar.	
<b>emotions</b>	Feelings	<input type="checkbox"/> I can wash my hands correctly.	
<b>cleanliness</b>	To wash germs away well.		
<b>rest</b>	To stop being active.	 <p>The bottom section contains two graphics. On the left is a 'STAY SAFE SUN' poster with tips: SHOWER (take cool showers to bring down body temperature), WRAP (wrap sunglasses to protect eyes), REHYDRATE (drink at least 8 glasses of water), SHADE (wear sunglasses between 11am-4pm), SLAP (use sunscreen minimum 30 SPF), HAT (wear a wide brimmed hat), and COVER UP (wear loose-fitting, long-sleeved shirts and long trousers). On the right is a graphic showing various people exercising (running, cycling, jumping rope) and a circular collage of healthy foods and drinks.</p>	