## Year 1: Physical Health and Mental Health

| Subject Specific Vocabulary |                          | Health   | Important Knowledge   |
|-----------------------------|--------------------------|--|---|
| healthy                     | Feeling good and happy.  | Complete Dog Care  | ☐ I can express how I feel.   |
| unhealthy                   | Feeling bad or unwell.   | Complete Cat Care  | <ul><li>I can calm down when I have bad</li></ul>                   |
| active                      | Doing exercise.          | Section 1 and 1 an | feelings.  I can wait my turn.                                      |
| dental                      | All about teeth.         | OUR CHRISTIAN VALUES   | ☐ I can try new things.   |
| decay                       | When teeth go bad.       | Christian Values and Courageous Advocacy   | <ul><li>I can keep trying<br/>when things are<br/>tricky.</li></ul> |
| hygiene                     | To wash hands well.      | Calm Douges  | ☐ I know class rules and why they are                               |
| routine                     | A sequence of events.    | I can  | important.  □ I can show  |
| emotions                    | Feelings.                | take deep breaths count go for a walk  | fellowship.  I can show   |
| cleanliness                 | To wash germs away well. | draw a picture swing rock  | compassion and care to other  |
| rest                        | To stop being active.    | read a took hag a favorite toy do a puzzle   | people and living things.   |