




Year 1: Physical Health and Mental Health

| Subject Specific Vocabulary | | Health | Important Knowledge |
|-----------------------------|--------------------------|---|--|
| healthy | Feeling good and happy. |    | <input type="checkbox"/> I can express how I feel. |
| unhealthy | Feeling bad or unwell. | | <input type="checkbox"/> I can calm down when I have bad feelings. |
| active | Doing exercise. | | <input type="checkbox"/> I can wait my turn. |
| dental | All about teeth. | | <input type="checkbox"/> I can try new things. |
| decay | When teeth go bad. | | <input type="checkbox"/> I can keep trying when things are tricky. |
| hygiene | To wash hands well. | | <input type="checkbox"/> I know class rules and why they are important. |
| routine | A sequence of events. | | <input type="checkbox"/> I can show fellowship. |
| emotions | Feelings. | | <input type="checkbox"/> I can show compassion and care to other people and living things. |
| cleanliness | To wash germs away well. | | |
| rest | To stop being active. | | |