## Year 1: Physical Health and Mental Health

Subject Specific Vocabulary		Health	Important Knowledge
healthy	Feeling good and your body feels good.		I know how to keep my skin safe from the sun.
unhealthy	Not having good health.	Corenavirus       STORP         Wash your hands with often for 20 seconds       STORP         Other for 20 seconds       Other for 20 seconds	I know that being active can help me to stay healthy.
active	Doing exercise.	Annual of the second se	I know that dentists can
dental	All about teeth.		help to keep teeth healthy.
decay	When teeth go bad.		I know that brushing teeth can keep my teeth clean and healthy.
hygiene	To wash hands well.	SUN ATE	<ul> <li>I know how to clean my</li> </ul>
routine	A sequence of events.	ELOPER That cold indiverse body intercentse Description The point of the second of the top the point of the second of the top the point of the second of the top the top the second of the top the se	teeth properly.
emotions	Feelings		I can say which foods and drinks are healthy.
cleanliness	To wash germs away well.	And a set of the set o	<ul> <li>I can identify food and drink with sugar.</li> </ul>
rest	To stop being active.		I can wash my hands correctly.