



RSHE: Physical Health

Year 1: Spring 1

Key Vocabulary

exercise	Using your body to make it fit and healthy.
diet	Someone's diet is the food they normally eat.
sleep	The condition in which your eyes are closed, your body is relaxed and your mind is unconscious.
healthy	Being free from illness, having good health.
unhealthy	Not in good health.
energy	A person's energy is the strength they have to do things.
teeth	The white hard bony parts that grow in the gums, used for biting and chewing.
brushing	Remove (dust or dirt) by <u>sweeping</u> or <u>scrubbing</u> .
vegetable	A plant or part of a plant used as food, such as a cabbage, potato, carrot, or bean.
fruit	The sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

Key Questions

- *How do I help my body stay healthy?
- *Why do we need a healthy diet?
- *Why do we need nutrients?
- *Are there any foods that we should avoid?
- *Why do we need to get lots of sleep?
- *How do I decide what to eat?
- *What foods help you to stay healthy?

Web link

<https://www.bbc.co.uk/bitesize/clips/zgtr82p>

Key Concepts:

Safety - The concept of safety is the condition of being safe; freedom from danger, risk, or injury. These include being physically and emotionally safe, as well as online safety.