

# RSHE: Physical Health

## Year 4: Spring 1

### Key Vocabulary

bacteria	Tiny organisms that can cause diseases.
virus	A microscopic creature that can cause diseases.
hygiene	Keeping clean and healthy and free from germs.
infection	An infectious disease.
First Aid	Help given to a sick or injured person until full medical treatment is available.

### Website Links

<https://kidshealth.org/en/kids/fit-kid.html>

### Concepts

**Safety** – the condition of being safe; freedom from danger, risk, or injury. This includes physical and emotional safety, as well as online safety.

### Key Questions

- ❖ What can I do to stop myself getting ill?
- ❖ How does infection spread?
- ❖ How do vaccines give us immunity?
- ❖ Why is it so important to brush our teeth?
- ❖ Why is flossing also important?
- ❖ Why should you not rinse your mouth out with water after brushing your teeth?
- ❖ How do I stay safe in the sun?
- ❖ How do I save a life?