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| **How do I help my body stay healthy?**  See the source imageSee the source image | **Key objectives:**   * Understand that active lifestyles, including regular exercise, can keep our bodies more healthy. * Appreciate that some people live with disabilities or are differently abled. * Understand that we can’t always have healthy bodies because sometimes we get ill or injured. * Identify the components of a balanced diet. * Understand that germs are spread by coughs, sneezes and physical contact with dirt and other people. * Understand that we can prevent the spread of germs by washing our hands with soap especially when we go to the toilet, eat or are unwell. * Understand that we can prevent tooth decay by brushing our teeth regularly. * Identify common dangers at home and in the wider world. * Know what to do in an emergency situation. | **Key vocabulary**  **exercise**  **diet**  **brushing teeth**  **sleep**  **healthy**  **unhealthy**  **fruit**  **vegetables**  **energy**  **halal**  **kohsher**  **teeth**  **dentist**  **clean**  **wash**  **disease**  **germs**  **chemical**  **medicine**  **needles**  **railway**  **emergency**  **police**  **fire brigade**  **ambulance** |
| **How do we stop getting ill?**  See the source image | See the source image**How do I decide what to eat?**  See the source image |