|  |  |  |
| --- | --- | --- |
| **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 |