



EP COLLIER
PRIMARY SCHOOL

Year 1
Term 4

What helps us grow and stay healthy?

In this unit the children will:

- Explore what being healthy means and the different ways we can stay healthy.
- Discuss what makes a balanced diet why we want to avoid having too much sugar.
- Explore the impact of physical activity and the different ways we can be active.
- Understand the importance of dental hygiene and what foods can impact this.
- Recognise the importance of different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV



Key Vocabulary

- Healthy, healthier, choices, food, drink, eating, energy, balanced diet, sugar
- Physical activity, PE, exercise, strength, muscle, physical, biological, fit
- Dentist, teeth, toothbrush,

Key Knowledge

- What is does being healthy mean and what different ways can we stay healthy?
- The importance of a balanced diet with healthy foods and not too much sugar.
- The importance of physical activity on our body and mind and how we can stay active.
- Why we need to look after our teeth, including how food and drink might affect them.
- The importance of different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV