

# KS1 - Health

## Curriculum Links:

- Know the names the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- Understand how people's needs change when growing from young to old.
- Understand what keeping healthy means and know different ways to keep healthy.
- Know which foods that support good health and the risks of eating too much sugar.
- Understand how physical activity helps us to stay healthy; and ways to be physically active everyday
- Understand why sleep is important and different ways to rest and relax.
- Learn simple hygiene routines that can stop germs from spreading.
- Learn that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.
- Discuss dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.
- Know how to keep safe in the sun and protect skin from sun damage.
- Learn about things that people can put into their body or on their skin; how these can affect how people feel and act.

## Key Learning:

- Know that it is important to maintain high standards of personal hygiene including genitalia and dental hygiene.
- Know where to seek help if worried about health.

## Possible experiences:

- Dentist visit
- Brushing teeth day.
- Sun block experiment
- Healthy snack swaps
- Creating a body map– outline where is okay to touch or not.

## We already know:

- Different names for body parts including some colloquial names for external genitalia.
- Some ways to keep healthy in terms of diet and exercise.



## Key Vocabulary

Germ	A small living thing that causes illness and disease.
Health	When someone is free from mental and physical illness or injury.
Hygiene	Ways to keep things clean and free from germs.
Medicines	Drugs used to support health and wellness.
Penis	The male private/ reproductive parts (willy, winkie)
Testicles	The male private/ reproductive parts (nuts, balls).
Vagina	Internal female private/reproductive parts (minnie, noonie)
Vulva	External female private/ reproductive parts (minnie, noonie).