



## Holy Family Halewood

Year 1 and 2 – Personal Development  
Theme: Health and Wellbeing  
Topic: Physical and Mental Wellbeing



### Learning Objectives

- what it means to be healthy and why it is important
- ways to take care of themselves on a daily basis
- about basic hygiene routines such as hand washing
- about healthy and unhealthy foods, including sugar intake
- about physical activity and how it keeps people healthy mentally as well as physically
- about different types of play, including balancing indoor, outdoor and screen-based play
- about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors
- how to keep safe in the sun

### Key Words

- Healthy
- Exercise
- Diet
- Clean
- Hand washing
- Germs
- Play
- Indoor
- Outdoor
- Screen time
- Sun safety

### Who can help me to stay healthy?

- Adults at home
- School nurse
- Doctors and dentists
- Welfare officers
- A trusted adult
- Me!

### Key Questions

What activities can you play indoors?  
What outdoor games do you know?  
Why is it important to wash our hands thoroughly?  
Why is physical activity good for our mental health?

