



Holy Family Halewood

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



Learning Objectives

To understand what it means to be healthy and why it is important and who can help us to stay healthy, e.g. parents, doctors, nurses, dentists, lunch supervisors

To identify the different ways we take care of ourselves each day.

To understand the importance of basic hygiene routines, e.g. hand washing.

To learn about some healthy and unhealthy foods.

To explore different types of play, and importance of balancing indoor, outdoor and screen-based play.

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?

