

Health and Wellbeing 1

This unit will focus on health, with a specific focus on oral hygiene, sun safety, and medicines. They will know the importance of regular dentist visits and correct oral care as well as knowing foods and drinks that damage teeth. Pupils will know the importance of expressing their feelings and that these can change over time. Children will be able to use a varied vocabulary when talking about this.



Key knowledge and threads

Key thread: Health and Wellbeing

- Know that feelings can change over time and range in intensity
- Know that it is important to talk about their feelings regularly to a trusted person
- Know that sun exposure generates the production of Vitamin D, supports bone health and supports good mental health
- Know that sun exposure can cause wrinkles, skin damage and skin cancer
- Know that to stay safe in the sun they must spend time in the shade, never burn, cover up with clothing, hats and sunglasses, use at least factor 30 sunscreen
- Know that to maintain oral hygiene and dental health, they must brush teeth at least twice a day and floss correctly
- Know that they should visit the dentist twice a year to monitor their oral hygiene
- Know that foods high in sugar and colouring damage teeth
- Know that they must follow instructions when taking medicines and using household products



Vocabulary Abstract

Sun safety—steps taken to keep safe from the sun (spend time in the shade, never burn, cover up with clothing, hats and sunglasses, use at least factor 30 sunscreen)

Illnesses—a disease or period of sickness affecting the body or mind

Oral hygiene—the practice of keeping the oral cavity healthy through cleaning of gums, teeth, tongue, lips and dentures

Medicines— a drug or other preparation for the treatment or prevention of disease

