

Health and Wellbeing 1

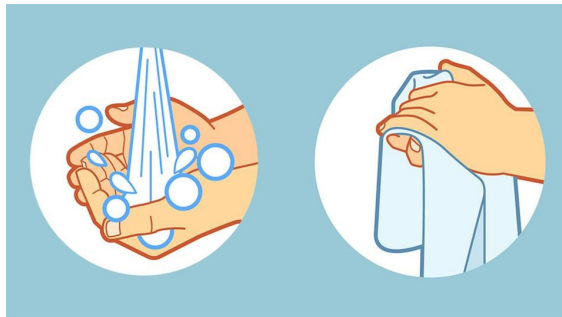
This unit will focus on maintaining personal hygiene. Children will know how bacteria and viruses affect health. Pupils will be able to recognise how vaccinations can prevent diseases.



Key knowledge and threads

Key thread: Health and Wellbeing

- Know that bacteria and viruses affect our health
- Know that washing hands regularly for 20 seconds stop the spread of disease
- Know that maintaining personal hygiene keeps us healthy and feeling good about ourselves
- Know that medicines can cure illness by stopping the spread of bacteria and viruses
- Know that influenza, measles, mumps and rubella are all diseases that can be prevented by vaccinations



Vocabulary

Abstract

Bacteria—single-cell living things that can cause disease

Vaccination—treatment with a vaccine to produce immunity

Viruses—a tiny germ that can cause illness

Personal hygiene—the cleanliness and health of parts of the external body