

Sticky Learning for PSHRE

Year 1/2

Health and Wellbeing

- I can say different ways to keep healthy

- I can say simple hygiene routines that can stop germs from spreading

- I can say how to keep safe in the sun and protect skin from sun damage

- I can name and recognise the different feelings

- I can say what I can do to change my feelings; make me feel good and calm.

- I can recognise ways in which we are all unique

- I can say how rules help us. I can give basic rules to keep safe online.

Key Vocabulary to learn:

- Hygiene
- Unique
- Safety
- Healthy
- Rules