



















Year 1 Healthy Me: Looking After Myself

Key Vocabulary

Healthy	Body works as it should
Unhealthy	Body does not work as it should
Exercise	Activity that needs physical effort: running, jumping, skipping
Sleep	Gives you important rest time to build energy for the next day
Hygiene	How we care for our bodies
Safe	To be away from danger/harm
Medicine	Something used to fight illness

 **Green Cross Code**

	 Think	
	 Stop	
	 Look and listen	
	 Wait	
	 Look and listen again	
	 Arrive alive	