



Respect, Believe, Achieve

Year 1 This Is Me

Physical Health and Fitness and Health Prevention



Websites and Signposting




- [What are germs?](#) video
- [How germs spread](#) video
- [Stop germs](#) video

What do I already know?

- I can manage my own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. (YR)
- I can say when they do or don't need help. (YR)
- They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. (YR)

Key Words

Hygiene	The practice of keeping clean and healthy to prevent disease.
Germs	A tiny living thing that can cause disease.
Health	Being free from illness or disease.

	Key Skills
	Identify – can identify what germs are and why we need to stop them spreading.
	Communicate – can talk about the best ways to stop germs spreading.
	Identify – can identify who to speak to when worried about health issues.



Key Knowledge
<ul style="list-style-type: none"> About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of hand-washing. How and when to seek support including which adults to speak to in school if they are worried about their health.

Here's what I will know/be able to do by the end

1. I know how germs can be spread.
2. I know how I can stop the spread of germs.
3. I know who to speak to if I am worried about my health.