



**WINKLEIGH**  
Primary School

## Being my best

# Construction

### Key Vocabulary

Tier 1: friend, happy

Tier 2: healthy, oxygen, wellbeing

Tier 3: maintain, internal, organ

### Prior Knowledge

In Year 1 we looked at learning a new skill and the role of resilience in this.



### **My Component Knowledge:**

Lesson 1: I can explain the stages of the learning line showing an understanding of the learning process.

Lesson 2: I can understand and give examples of things we can choose ourselves and things that others choose for us.

Lesson 3: I can describe simple hygiene routines such as hand washing.

Lesson 4: I can describe simple dental hygiene routines.

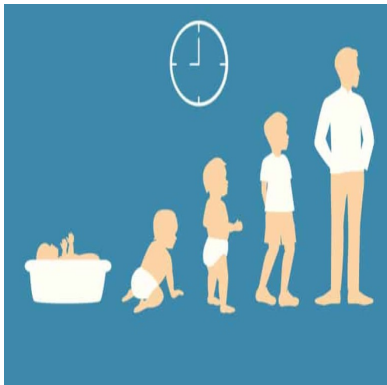
Lesson 5: I can recognise that exercise and sleep are important to our health

Lesson 6: I can recognise the major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain).

### **My Composite Knowledge:**

I can understand the importance of looking after my physical and mental health.

**My Powerful Knowledge:** I can make links with my knowledge in Science to develop my understanding of how to look after my health. I can recognise choices that I can make which will have a positive impact on my overall health.



What are the simple hygiene routines and why are they important?



How do you have a healthy and active lifestyle?