

Being My Best!

Construction:

To build something from parts

Year 1

Prior Knowledge

In the EYFS children learnt:- About not giving up, naming feelings and understanding that these feelings are ok.

Year One: Learning about my actions affect my body and my feelings. Beginning to understand that my actions affect other people.



Why is failing good?



What are regular hygiene routines?



My Component Knowledge:

Lesson 1: I can recognise the importance of fruit and vegetables in my daily diet.

Lesson 2: I understand that we all have different food preferences.

Lesson 3: I know the importance of regular hygiene routines.

Lesson 4: I know how to help prevent the spread of germs.

Lesson 5: I understand that learning a new skill can mean overcoming challenges and pitfalls.

Lesson 6: I can give and receive positive feedback.

My Composite Knowledge:

I can identify feelings in myself and others and understand that these feelings are ok. I can recognise that my behaviour affects everyone.

My Powerful Knowledge:

I am responsible for my own behaviour and understand that my actions impact on others. I can positively impact others.



How can I keep myself healthy?

Key Vocabulary

Tier 1: Food, eating, water, likes, dislikes, hair, tooth-brush, bath, wash, angry, cross, sad, hurt, upset, happy.

Tier 2: Achieve, skill, ability, failure, hygiene, health.

Tier 3: Resilience, growth mindset.

