



Jerry Clay Academy
Subject Unit Overview

Subject: PHSE Year Group: 1 Term: Summer 1

Core Learning of This Unit: Staying healthy and washing hands

- The importance of personal hygiene and handwashing.
- Germs (bacterial and viral) How germs are spread and how they can affect health.
- Why medicines are taken, where they come from and keeping safe.
- Healthy and unhealthy choices

1decision module links: Keeping/staying healthy – BA and washing hands

Prior Learning:

Reception ELG: PSED

- Manage own needs and personal hygiene.
- Know and talk about regular physical activity, healthy eating, toothbrushing, screen time, sleep routine and being a safe pedestrian.
- Self regulation
- Managing self
- Building relationships.

National Curriculum Statements:

- That household products, including medicines, can be harmful if not used properly
- Learn about personal hygiene and germs including bacteria, viruses, how they are spread including the importance of handwashing.
- What keeping healthy means.
- Simple hygiene routines.

Health and well-being

H1, H4, H5, H7, H9, H17

Key Vocabulary:

- **Hygiene** – keeping yourself and your working areas clean to prevent disease and illness.
- **Germ** – a very small living thing that can cause infection and disease.
- **Bacteria** – live in air, water, soil, living and dead creatures and plants. Often cause disease.
- **Virus** – causes disease in people, animals and plants.
- **Healthy**
- **Unhealthy**

Significant People

- The School nurse