

HEALTH AND WELLBEING

OVERVIEW OF LESSON CONTENT AND TOOLKIT SUPPORT



YEAR:
R/1 KS1

LESSON OBJECTIVES	TIME	LESSON CONTENT	LINK TO DETAILED LESSON PLAN
1 HEALTH AND WELLBEING – The what and who of being healthy Understand health and who helps you stay healthy	1 hour	- Circle game – what healthy means to you? - Who helps you be healthy tableaux Toolbox Tutorial – Tableau - Qualities of healthcare people exploration - Character Drawings	
2 HEALTH AND WELLBEING – Put it on! Learn how substances affect your body	1 hour	- Energy game warm up - Dressing up scenarios with props - Advert Promoting healthy choices class song Toolbox Tutorial – How to write a song - Perform and evaluate	
3 HEALTH AND WELLBEING – Magical Medicines! Recognise the role of medicines in staying healthy	1 hour	- Circle game – recognising being unwell/hurt and the medical solution - Scenario tableaux, discussion and answers Toolbox Tutorial – Tableau - Medicine safety posters - Yes/No Orchestra evaluation assessment questions	
4 HEALTH AND WELLBEING – See you later Germs! Know why hygiene matters to stop germs	1 hour	- Squeeze Olympics - Glitter germs / Sticky germs - Handwashing song and perform Toolbox Tutorial – How to write a song - Evaluation discussion	
5 HEALTH AND WELLBEING – Daily Doings Practice daily self-care routines	1 hour	- Daily routines actions - Healthy Day in the life – drama, soundscape and picture score - Building blocks for a healthy me - Heads shoulders knees and toes assessment	