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| **Unit Overview** | Children will learn all about how we keep our bodies healthy through eating a good diet, exercising, sleeping and talk to each other about worries. | |
| **Development Matters and ELG’s** | * Recognise similarities and differences between themselves and others. * Recognise changes over time, what I can do now and what I could do when I was little, what will I be able to do when I am older? * List the key parts of a human body. * Describe how to keep healthy and stay clean. * Show care and conerns for themselves and their peers. * Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices (ELG). * Recognise the importance of oral hygiene and how food choices impact this. Learn how and when to brush teeth. * Explore the natural world around them, making observations and drawing pictures (ELG) * Understand some important processes and changes in the natural world around them (ELG) * Begin to make healthy choices * They classify objects according to a criteria eg healthy unhealthy * Describe what they see, hear and feel while they are outside. * Talk about members of their immediate family and community * Talk about the lives of the people around them and their roles in society (ELG) | |
| **Unit Title:** | **Substantive Knowledge-specifics** | **Disciplinary Knowledge broader skills** |
| **Key Questions:**  How I have changed over time?  What physical features and what I could d? (milestones)  How do we keep healthy?  Who are the people who help us to stay safe and healthy?  What are teeth for and why do they need to be cleaned?  Which foods are good for teeth, which are not good for teeth?  How do you clean your teeth? | * Children will recognise what they could do when they were a baby and what they can do now. * Children will recognise that they grow over time. * In order to grow and be healthy we must have a healthy diet and keep healthy through exercise. * Some healthy food is bad for our teeth (fruit) * To care for our teeth we must brush them. * That some super profressionals in our local area are there to help us look after ourselves. | Recognise, record and observe differences in foods  Recognise, record and observe the difference in humans as they grow. |
| **Vocabulary** | **Trips/ Visits/Useful Websites/ Resources** | **Key Misconceptions:** |
| **Substantive:**  Healthy, unhealthy, Nutrients,Sugar, fat, decay,rot, toothbrush, brushing, cleaning, washing. Police, doctor, dentist  Fruit, vegetable, protein, carbohydrates-energy giving foods, muscle building foods, vitamins  **Disciplinary:**  Observe  Notice  Classify  Sort | * BBC bitesize keeping healthy * ICT games sorting healthy and unhealthy foods. | * That lots of fruit is good for you and only sweets or juice is bad for your teeth. * That they have always been able to talk and walk * That grown ups were never children. | * That plants are not a living thing * Caterpillars and butterlies are different animals |