



Unit of work
Living long, Living strong

Year group
1

Prior learning

Children understand the importance of washing their hands.
Children can explain who is in their family.

National Curriculum

- RSE: Growing and caring for ourselves
- Valuing difference and keeping safe
- Puberty
- Healthy eating and exercise
- Goal setting and motivation

Knowledge/ Skills

- Children know how to keep clean and look after themselves.
- Children know how people grow and change.
- Children understand that babies become children and then adults.
- Children understand that there are different types of families.
- Children can identify who they could go to for help.
- Children understand why it is important to brush their teeth regularly.
- Children can give examples of what keeps them healthy and why.
- Children can choose a realistic goal and can break down into small achievable steps.

Vocabulary and definitions

Word	Definition
Clean	not dirty
Boy	a male child
Girl	a female child
Same	identical; not different
Different	not the same
Gender	the physical and/or social condition of being male or female
Decay	to become gradually damaged, worse, or less; to cause something to do this
Bacteria	microscopic living organisms, usually one-celled, that can be found everywhere
Dentist	a person who is qualified to treat diseases and other conditions that affect the teeth and gums
Healthy	in a good physical or mental condition
Exercise	any bodily activity that enhances or maintains physical fitness and overall health and wellness

Significant people/days

Dentist/dental nurse

Walk to School Week- 18th – 25th May