

Year 1

Medicines and

People Who Help Us

Lesson 1: Staying Healthy

Lesson 2: Medicines

Lesson 3: Who gives us medicines?

Programme of Study

Core Theme 1:

Health and Wellbeing

1. What is meant by a healthy lifestyle
8. to identify different influences on health and wellbeing

-what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
-that household products, including medicines, can be harmful if not used properly

-about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them.

Lesson 1

Learning Intention

To identify how to stay healthy.

Learning Outcome

To understand how to look after our bodies.

Lesson 2

Learning Intention

To explore when and how to take medicines safely.

Learning Outcomes

To know how medicines get into our bodies.

To know why people use medicines.

To understand that some people need to take medicines all the time to stay healthy.

Lesson 3

Learning Intention

To identify who should be able to give us medicine.

Learning Outcomes

To know when we should take medicines and who should give them to us.

To know the rules about medicines.

Key Vocabulary: un/healthy, un/well, ill, drug, medicine, tablet, injections, adult, stranger, doctor, nurse, dentist, hospital