



Subject Specific Vocabulary	
sun safety	Ways to stay safe in the sun and protect yourself from getting burnt.
feelings	An emotional state or reaction.
healthy	In a good physical and mental condition.
behaviour	The way someone acts.
dentist	A person who checks your teeth and gums.
online	Available on or performed through using the internet.
hurtful	Something to upset someone else's feelings.
bodies	The main section - a combination of body parts.
exercise	Keeping the body healthy by being active.

Sticky knowledge	
  	I can stay healthy by washing my hands and exercising.
	Brushing our teeth and visiting the dentist regularly keeps our teeth healthy.
	Wearing a hat, applying suncream and spending time in the shade helps us stay safe in the sun.
	I know there are different feelings, and I know how these feelings can affect my behaviour.
	I know people can say hurtful things online and I know I should tell a trusted adult if this happens.