Year 1

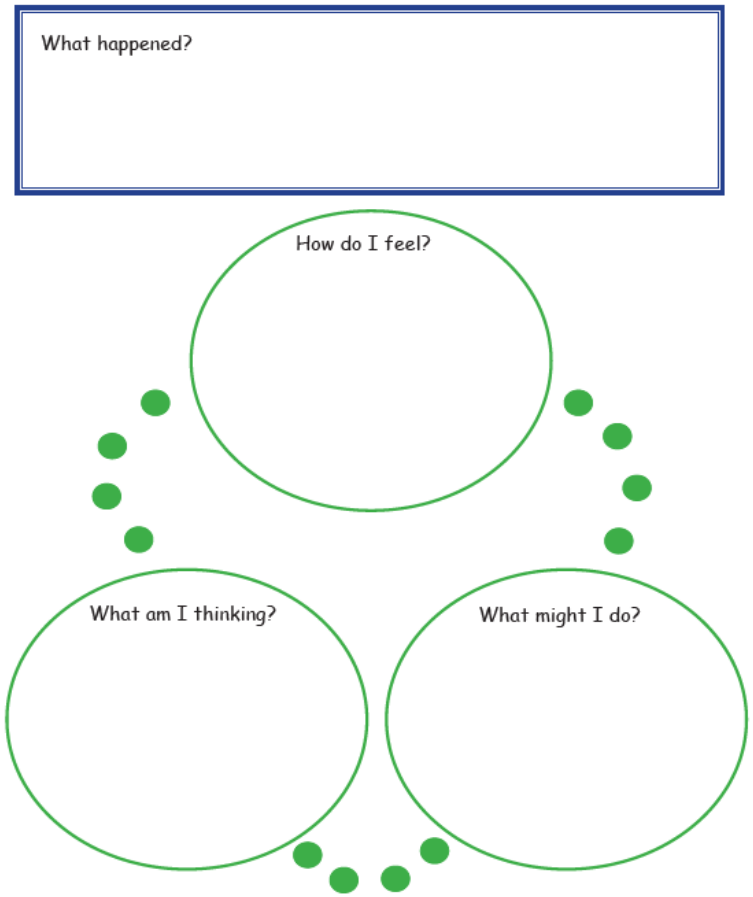
Myself and My Relationships

My Emotions

Resource 1 - Feelings Faces



Resource 3 - Feelings, thoughts and behaviour circle



Healthy and Safer Lifestyles

Managing Safety and Risks

Resource 2 - Safety Plan

Where are you lost?

in town

in the park



in a big supermarket

on the beach

somewhere else

Stand still, look and shout.

Don't rush around.

Where will you stand?



If you still aren't found, find a safe adult.
(e.g. shop assistant, dad with child, ice cream seller, mum with buggy)



If you still aren't found, find a safe building.
(e.g. shop, post office, cafe, hairdresser)



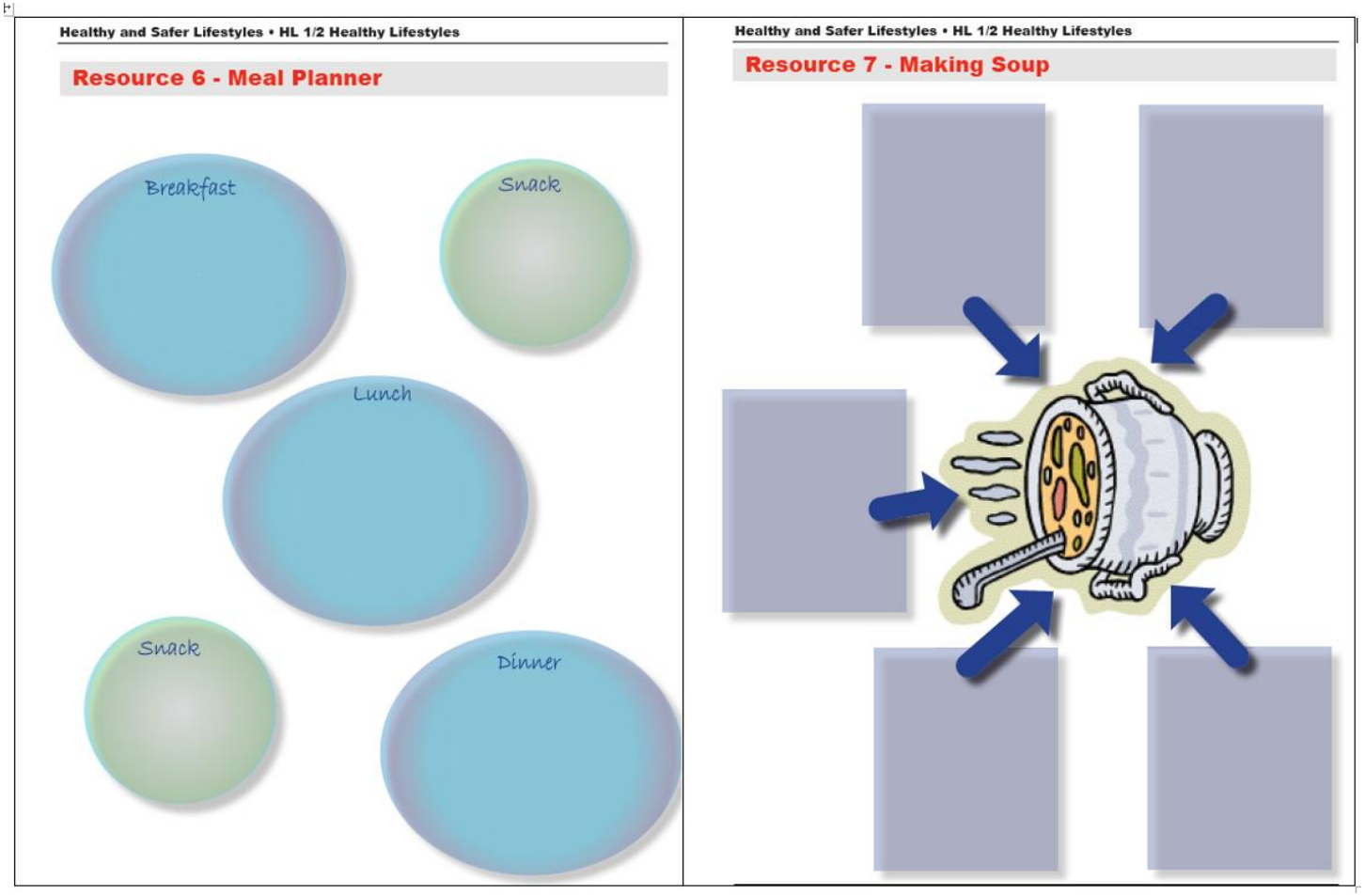
Healthy and Safer Lifestyles • MSR 1/2 Managing Safety and Risk

Resource 3 - Places and Activities

Places	Activities
park	football
road	skating
pavement	frisbee
sports field	climbing
shopping centre	chasing/ running
friend's garden	skipping with a rope
woods	acrobatics
beach	paddling/swimming
riverside	walking the dog

Healthy and Safer Lifestyles

Healthy Lifestyles



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy (1840kJ / 434kcal)	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes

Bagels

Porridge

Rice

Spaghetti

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

Eat less often and in small amounts

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

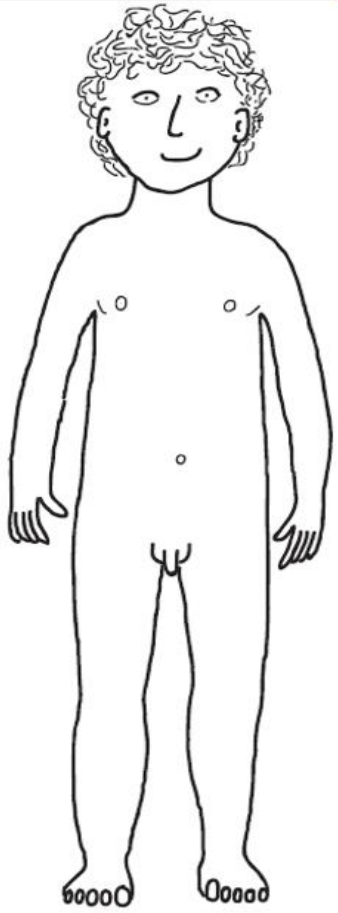
Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Healthy and Safer Lifestyles

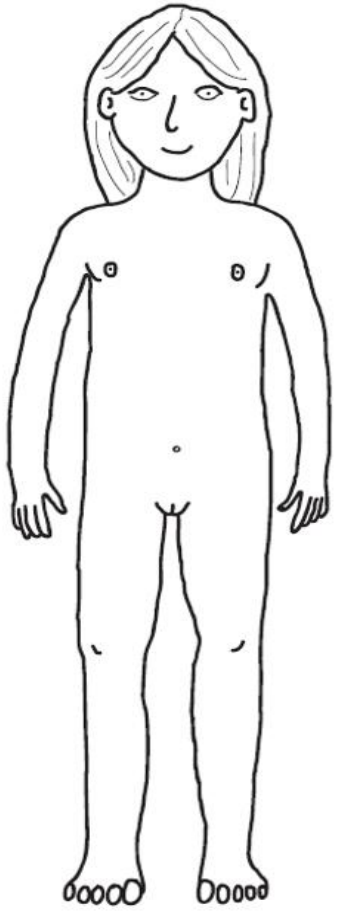
Relationships and Sex Education

Resource 1 - KS1 External Male Body Outline



Healthy and Safer Lifestyles • RS1 Relationships and Sex Education

Resource 2 - KS1 Female External Body Outline



Resource 3 - Body Part Labels

penis	testes*	testicles*
knee	vagina*	vulva*
bottom	leg	anus
chest	eyebrow	arm
nipple	knuckles	shoulder
toe	foot	elbow
finger	fingernail	eyelash
wrist	lips	ear
nose	eye	mouth
hair	skin	shin
toenail	cheek	chin
palm	sole	ankle
back	calf	heel