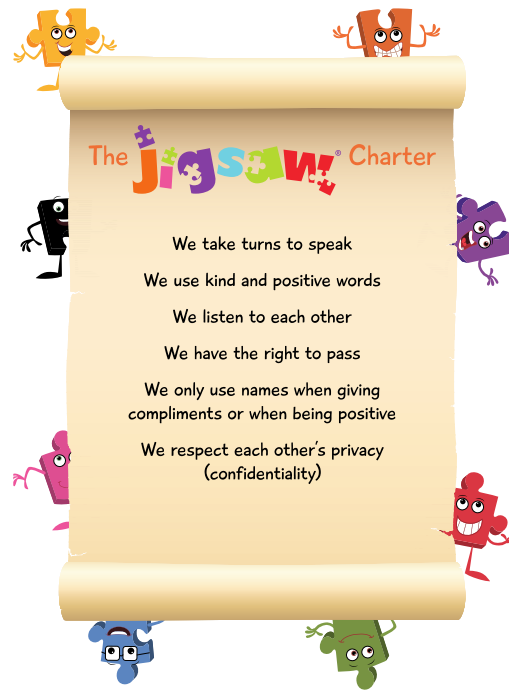




Key Vocabulary

Energy	Being active or working towards something to make it work.
Fitness	Being healthy in a good condition.
Healthy	A balance of good food and lots of exercise.
Drugs/ medicine	A drug used to help someone who may be ill.
Anxious	Feeling like being scared.
Safe	Free from risk or harm.
Choice	Choosing between different things.



Key knowledge

PSHE

I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe and healthy including who to go to for help.

I can express how being anxious/ scared and unwell feels

