

Beech Hill Topic Must Knows

Year 1 - Healthy Heroes



- Know that a superhero is fictional and that a hero in real life can be someone who does something heroic.
- Know words that describe a hero or a superhero - brave, bold, heroic, courageous.
- Know how to use the vocabulary of healthy and unhealthy.
- Know the five senses are smell, sound, sight, taste and touch and the body parts that are associated with them.
- Know the following different body parts - head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth.
- Know that humans need to have good personal hygiene by knowing how to wash their hands and brush their teeth.
- Know the importance of eating fruit and vegetables to be healthy.
- Know how to use the language of short, tall, shorter, taller, shortest and tallest to solve practical problems ([maths link](#)).
- Know a range of different ways to exercise. E.g. Swimming, cycling, running, jumping and dancing.
- Know how to create an Andy Warhol inspired superhero picture using different medias ([Arts Link](#)).

Key Vocabulary

healthy
unhealthy
diet
exercise
germs
hygiene
smell
sound
sight
taste
touch

brave
hero
heroic
head
neck
arms
elbows
legs
knees
face
ears

eyes
hair
mouth
teeth
feet

Maths Link

short
shorter
shortest
tall
taller
tallest

