Healthy me

Year: Y1

Subjects and Issues

Healthy eating Healthy lifestyles Hygiene
Physical activity Sleep Screen usage

Note: There are no Programme of Study statements relating to healthy eating for Year 1 in the Science National Curriculum (England and Wales). Because SCARF provides a spiral curriculum we feel it is important that healthy eating is covered in both Years 1 and 2. We have therefore mapped this lesson plan to the Y2 National Curriculum Science statements, where it is included.

Introduction

Start the lesson with some key questions on the theme of being healthy, for example:

- What sort of things do you think we can all do to stay healthy? [Have a good night's sleep; eat healthy meals and snacks; do exercise every day; wash hands before eating meals and after going to the toilet; cleaning teeth before leaving for school etc.]
- Why is it important to have a good night's sleep? [Because our bodies rest and grow when we're asleep.]
- Why is it important to exercise regularly? [To keep the body as fit as possible and to make us feel good.]
- Why is it important to eat healthy food? [To give the body all the special things it needs to grow strong and healthy. NB: see 'I can eat a Rainbow' lesson plan for more in-depth work on healthy foods.]
- Why is it important to have a wash and to brush our teeth? [To keep the body clean and reduce germs,

to keep the teeth strong and healthy and to help stop them decaying.]

Healthy Me

Play Harold the healthy giraffe's *Different Foods* Song (the children may have heard this in their Reception/P1 class).

Perform the actions as the lyrics suggest (see Y1/P2 SCARF lesson *I can eat a rainbow* for the lyrics and actions to print out).

Activity:

In pairs or small groups, give the children a copy of the two *Healthy me!* Activity sheets.

Children work in pairs/groups to decide:

1. Which of the things illustrated on the first sheet they need to stay alive;
2. Which of the things they need to be healthy;
3. Which of the things they might like to have occasionally as a treat.

They should cut out the different foods on the first sheet and then arrange them in the correct space on the *Sorting board* Activity sheet.

NB: Use the *Healthy me!* Teacher Answers and Information sheet for guidance if needed.

Summing up:

Discuss with the class where they have placed their cards and use the information in red italics on the table to fill any gaps in the children's knowledge or clarify any misunderstandings they might have.

Thinking about sleep, we said that it is important to get a good night's sleep so our bodies can rest, reset and grow. Can you think of anything we can do to help us get a good night's sleep? What helps you relax and unwind at bedtime?

Responses to look out for:

- Reading
- Listening to music/ stories
- Drawing/ colouring
- Writing a diary

Some children might say watching videos or playing games online. It is important to share at this point the NHS guidelines are that children should come off their devices, stop their screen time at least 1 hour before they are going to bed.

Your brain needs time to get ready for sleep, just like you need time to calm down after running around. When you use a tablet, games console or TV right before bed, the bright light and exciting games keep your brain awake. If you stop using screens at least an hour before bedtime, your brain can slow down, relax, and help you fall asleep more easily. It's like giving your mind a little hug before bed!

Adapting lessons for learners with additional needs

Our additional Signposting and Support page provides further guidance on adapting SCARF lessons to meet the needs of learners with additional needs.

S/A

Version History

Tue, 03 Mar 2026

- Learning outcomes updated to include information on screens and health
- Subjects and issues updated to include screen usage
- Key vocabulary updated to include screen usage
- Summing up updated to include information on screen usage and sleep

Learning Outcomes

Children will be able to:

- Understand that the body gets energy from food, water and air (oxygen);
- Recognise that exercise and sleep are important parts of a healthy lifestyle;
- To explore how screen use can make us feel and learn how to make healthy and sensible choices.

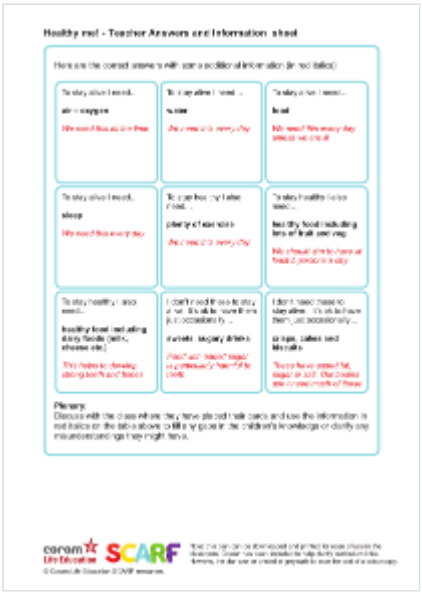
Key Vocabulary

energy
water
food
air
oxygen
exercise
sleep
healthy
screen usage

0:00 / 1:37

Audio track: Different Foods

Healthy Me - Activity Sheet and Sorting Board - enough for children to work in small groups



Healthy Me - Teacher Answers and Information Sheet - for reference

DfE Relationships Education and Health Education statutory requirements

- **Physical Health and Mental Wellbeing (Health Education)**
  Physical health and fitness 1. The characteristics and mental and physical benefits of an active lifestyle.
- **Physical Health and Mental Wellbeing (Health Education)**
  Physical health and fitness 3. The risks associated with an

inactive lifestyle (including obesity).

- Physical Health and Mental Wellbeing (Health Education) Health and prevention 3. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.
- Physical Health and Mental Wellbeing (Health Education) Health and prevention 4. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

DfE Relationships Education and Health Education statutory requirements (2025)

- Health protection and prevention 3. The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn.
- Health protection and prevention 4. About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular check-ups at the dentist.
- Physical health and fitness 1. The characteristics and mental and physical benefits of an active lifestyle.
- Physical health and fitness 3. The risks associated with an inactive lifestyle, including obesity.
- Wellbeing online 3. The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

PSHE Association Learning Opportunities

- H1 . About what keeping healthy means; different ways to keep healthy.
- H3 . About how physical activity helps us to stay healthy; and ways to be physically active every day.
- H17 . About things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep).