

Year 1 Sleep

National Curriculum objectives

Pupils learn about why sleep is important and different ways to rest and relax.

Key Learning

- To find out why sleep is important to health, how much you need and how to get enough.

Key Vocabulary

Routine: Activities you do every day before going to sleep. Things that help you to calm down before bedtime.

Sleep: The state of rest for the body and mind in which the eyes are closed and you are not active in any way. Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out.

Equipment and Resources

- In advance of the lesson, ask pupils to make a note of what time they go to sleep and what time they wake up - discuss how they can find this out.
- Picture books with a sleep theme. Suggestions are given in [Storybook ideas](#). Look in your school library and ask pupils to bring in books from home.
- [Sleep Time Clock](#); each pupil will need a copy.
- [Sleep Benefit poster](#) - for display on the board.
- [Rules of Healthy Sleep Poster](#) - for display on the board.
- Pencils and drawing tools

Key Questions

Why is sleep important to us?

What do you do before bedtime?

What helps you get to sleep?

How many hours sleep do you need each night?

Safety

- Carry out sessions in a quiet, safe area so that pupils can focus on their thoughts with minimal distraction