

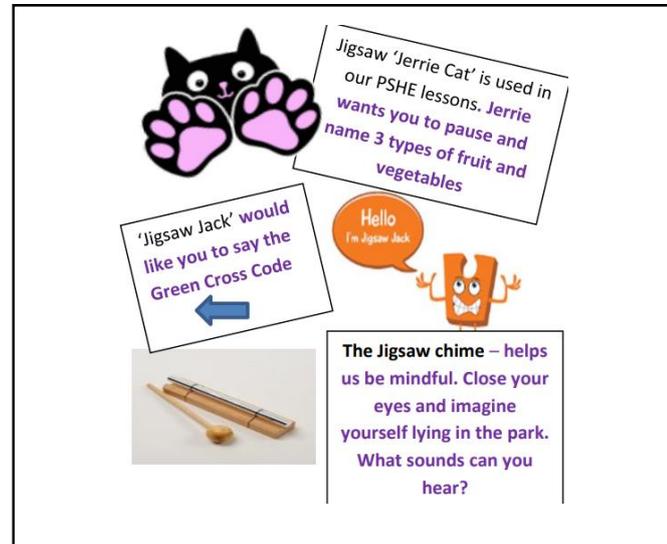
PSHE Knowledge Organiser

Year: 1 Term: 4

Focus- Healthy Me

National Curriculum Objectives

- Know the difference between being healthy and unhealthy
- Know some ways to keep healthy
- Know how to make healthy lifestyle choices
- Know how to keep themselves clean and healthy
- Know that germs cause disease / illness
- Know that all household products, including medicines, can be harmful if not used properly
- Know that medicines can help them if they feel poorly • Know how to keep safe when crossing the road
- Know about people who can keep them safe



Key vocabulary

Word	Meaning
Lifestyle	The way in which a person lives.
Disease	Something that causes illness
Sickness	Sickness affecting the body or mind

Sticky Knowledge:

Making a choice between healthy and unhealthy foods can change the way you feel.

You need to have 5 portions of fruit and vegetables every day.

The best drinks for children are water and milk.

You need to brush your teeth twice a day.

A relaxing bedtime routine can help you get a good night's sleep.

Most diseases are spread by touching other people's hands or by touching objects that others have touched.