



Knowledge Organiser: PSHE Year 1 – Spring 2 – V4 2023



Children will know:

Healthy Me

- The difference between healthy and unhealthy and some ways to keep healthy and healthy lifestyle choices
- That germs cause disease / illness
- That household products including medicines can cause harm if not used properly
- Medicines can help them if they feel poorly
- How to keep safe when crossing the road
- Some people who can keep them safe

Prior Learning Links: (The Jigsaw curriculum embeds prior knowledge from previous years and focuses on developing the children's learning of previously introduced concepts and topics)

EYFS – Nursery F1

- How to make a healthy choice. How to eat a healthy balanced diet. How to be physically active. How to keep themselves and others safe. Know how to be a good friend and enjoy healthy relationships. Know how to keep calm and deal with difficult situations.

EYFS – Reception F2

- How to make a healthy choice. How to eat a healthy balanced diet. How to be physically active. How to keep themselves and others safe. Know how to be a good friend and enjoy healthy relationships. Know how to keep calm and deal with difficult situations.

Future Learning Links:

Year 2 – **Healthy Me** – Staying Healthy, Relaxation, Medicines, Healthy Snacks, Food and Energy

Key Facts/Information:

- Children talk about healthy and unhealthy goals choices and how these choices make them feel.
- Discuss hygiene, keeping themselves clean and talk about germs making them unwell.
- Children learn about road safety and about people who can help them to stay safe.

Key Vocabulary:

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|-------------|--------------|---------------|
| • Healthy | • Choices | • Medicines |
| • Unhealthy | • Clean | • Trust |
| • Balanced | • Toiletries | • Green Cross |
| • Exercise | • Hygienic | Code |
| • Sleep | • Safe | |

Reading Recommendations