



Knowledge Organiser Year 1. Healthy Me



In this Puzzle, children learn what it means to be healthy, exploring food, exercise, sleep and everyday choices that help their bodies and minds. They develop understanding of hygiene, germs and how to keep clean and safe at home. Across the six Pieces, children learn about medicine safety and road safety, practise recognising when they feel worried or unwell, and think about who can help them stay safe. They reflect on how healthy choices can make them feel good about themselves. Pupils share their ideas about how to keep clean and healthy in the whole school Happy, Healthy Me Recipe Book.

Knowledge (<i>substantive</i>)	Social and Emotional skills (<i>disciplinary</i>)	Vocabulary
- I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy - I know how to make healthy lifestyle choices - I know how to keep myself clean and healthy, and understand how germs cause disease/illness - I know that all household products including medicines can be harmful if not used properly - I understand how medicines can help me if I feel poorly and I know how to use them safely - I know how to keep safe when crossing the road, and about people who can help me to stay safe - I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	- I feel good about myself when I make healthy choices - I am special so keep myself safe - I know some ways to help myself when I feel poorly - I can recognise when I feel frightened and know who to ask for help - I can recognise how being healthy helps me to feel happy	bacteria choices clean crossing exercise germs hygienic keeping clean kerb less healthy medicines nervous pavement safe scared soap traffic traffic lights trust unhealthy, healthy virus wait

Strongest RSHE 2025 Relationships contributions	CF 1 – Characteristics of healthy friendships (friendship groups, roles)	RKR 1 – Paying attention to others' feelings. RKR 8 – Self-respect and its link to happiness (body image, self-esteem content).	BS 6 – How to recognise and report feelings of being unsafe. BS 7 – Where to get advice
Strongest RSHE 2025 Health contributions	GW 1 – How to help others in an emergency. GW 2 – Helping other people with their mental health. GW 3 – Range of emotions. GW 5 – Benefits of physical exercise, time outdoors, community participation. GW 6 – Isolation and loneliness can affect children. GW 9 – Where and how to seek support. GW 10 – Common for people to experience mental ill health. WO 3 – Risks from people online who use technology to bully, manipulate, groom or abuse.	WO 4 – How to recognise harmful content including AI-generated content. WO 7 - How to report concerns about content or contact online. PHF 1 – Importance of building regular physical activity into daily and weekly routines. PHF 2 – Risks associated with an inactive lifestyle. PHF 3 – How and when to seek support for physical activity. PHF 4 – Types of physical activity including those accessible to all. HE 1 – What constitutes a balanced diet. HE 2 – Making healthier choices about food and drinks. HE 3 – Range of factors that influence dietary habits. HE 4 – Understand importance of not feeling shame about food or eating habits.	HPP 1 – How to look after and take responsibility for personal hygiene. HPP 2 – Importance of staying safe in the sun. HPP 3 – Importance of sleep and good sleep hygiene. HPP 4 – About dental health and importance of dental hygiene. HPP 5 – How common illnesses are spread and can be treated. HPP 6 – About immunisation and vaccination. PS 1 – Identifying hazards and risks to personal safety, including online. PS 2 – Road, water, fire, rail safety including Safety STAR framework. BFA 1 – Basic first aid concepts and basic treatment of common injuries. BFA 2 – How to make a call to emergency services.

Weekly Celebration	Pieces <i>and Vocabulary</i>	PSHE learning intention	Social and emotional development learning intention	Resources <i>For every Lesson:</i> Jigsaw Jack <u>Jigsaw Charter</u> Jigsaw Chime Jigsaw Journals My Jigsaw Journey <u>Learning/Reflection</u> <u>Sheets</u> Jigsaw Jerrie Cat
Have made a healthy choice	1. Being Healthy <i>Healthy</i> <i>Less healthy</i> <i>Balanced</i> <i>Exercise</i> <i>Sleep</i>	I understand the difference between being healthy and less healthy, and know some ways to keep myself healthy	I feel good about myself when I make healthy choices	<u>Healthy Balance Sum sheet</u> <u>Combined Jigsaw Journeys</u>
Have eaten a healthy, balanced diet	2. Healthy Choices <i>Healthy</i> <i>Less healthy</i> <i>Balanced</i> <i>Exercise</i> <i>Sleep</i> <i>Choices</i>	I know how to make healthy lifestyle choices	I feel good about myself when I make healthy choices	<u>Jigsaw Song: 'Make a Good Decision' (embedded in lesson)</u> <u>Child picture template</u> <u>Healthy Balance Sum sheet</u>

• Have been physically active	3. Clean and Healthy • <i>Healthy</i> • <i>Clean</i> • <i>Body parts</i> • <i>Toiletry items, (see resource list - right)</i> • <i>Hygienic</i> • <i>Safe</i> • <i>Germ</i>s • <i>Bacteria</i> • <i>Soap</i> • <i>Virus</i>	I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly	I am special so I keep myself safe	Bag of toiletry items, e.g. toothbrush, shampoo, soap, etc. Empty bathroom and kitchen cleaning products <u>Household items - safe or unsafe</u>
• Have tried to keep themselves and others safe	4. Medicine Safety • <i>Medicines</i> • <i>Healthy</i> • <i>Unhealthy</i> • <i>Trust</i> • <i>Safe</i>	I understand that medicines can help me if I feel poorly and I know how to use them safely	I know some ways to help myself when I feel poorly	Empty medicine packaging (including at least one information leaflet from medication) <u>Picture cards</u> <u>Supporting Teacher Notes</u>
• Know how to be a good friend and enjoy healthy friendships	5. Road Safety • <i>Safe</i> • <i>Eyes</i> • <i>Ears</i> • <i>Look</i> • <i>Listen</i> • <i>Wait</i> • <i>Scared</i> • <i>Nervous</i> • <i>Pavement</i> • <i>Kerb</i> • <i>Crossing</i>	I know how to keep safe when crossing the road, and about people who can help me to stay safe	I can recognise when I feel frightened and know who to ask for help	<u>Learn to Cross the Road Poster</u>

	<i>Traffic lights</i> <i>Traffic</i>			
Know how to keep calm and deal with difficult situations	6. Happy, Healthy Me <i>Keeping clean</i> <i>Healthy</i> Assessment Opportunity Puzzle outcome: Keeping clean and healthy	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy	I can recognise how being healthy helps me to feel happy	<u>Keeping Clean and Healthy timeline template</u> <u>Certificates</u>