



Knowledge Organiser Year 1. Healthy Me



In this Puzzle the class talk healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety as well as people who can help them to stay safe.

Knowledge <i>(substantive)</i>	Social and Emotional skills <i>(disciplinary)</i>	Vocabulary
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Feel good about themselves when they make healthy choices• Realise that they are special• Keep themselves safe• Recognise ways to look after themselves if they feel poorly• Recognise when they feel frightened and know how to ask for help• Recognise how being healthy helps them to feel happy	Healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, hygienic, safe medicines, trust, safe, safety, "Green Cross Code", eyes, ears, "Look, Listen, Wait".

Week and Vocabulary	PSHE learning intention	Social and emotional development learning intention
1. Being Healthy <ul style="list-style-type: none"> • <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>I feel good about myself when I make healthy choices</i>
2. Healthy Choices <ul style="list-style-type: none"> • <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>I feel good about myself when I make healthy choices</i>
3. Clean and Healthy <ul style="list-style-type: none"> • <i>Healthy</i> • <i>Clean</i> • <i>Body parts</i> • <i>Toiletry items, e.g. toothbrush, shampoo, soap</i> • <i>Hygienic</i> • <i>Safe</i> • <i>Germs</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>I am special so I keep myself safe</i>

<p>4. Medicine Safety</p> <ul style="list-style-type: none"> • <i>Medicines</i> • <i>Healthy</i> • <i>Unhealthy</i> • <i>Trust</i> • <i>Safe</i> 	<p>I understand that medicines can help me if I feel poorly and I know how to use them safely</p>	<p>I know some ways to help myself when I feel poorly</p>
<p>5. Road Safety</p> <ul style="list-style-type: none"> • <i>Safe</i> • <i>Eyes</i> • <i>Ears</i> • <i>Look</i> • <i>Listen</i> • <i>Wait</i> • <i>Scared</i> • <i>Nervous</i> 	<p>I know how to keep safe when crossing the road, and about people who can help me to stay safe</p>	<p>I can recognise when I feel frightened and know who to ask for help</p>
<p>6. Happy, Healthy Me</p> <ul style="list-style-type: none"> • <i>Keeping clean</i> • <i>Healthy</i> <p>Puzzle outcome: Keeping clean and healthy</p>	<p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p>	<p>I can recognise how being healthy helps me to feel happy</p>