

PSHE Knowledge Organiser Years 1 and 2 – What keeps me healthy?

Catkins and Hazel – Physical Health and Wellbeing



Key Vocabulary	
healthy	Good strong healthy body and mind
healthy diet	Eating a balanced diet of fruit and vegetables, protein and carbohydrates
exercise	Moving our bodies to keep them fit and healthy
activity / active	Moving about to keep our bodies fit and healthy
oral health	Keeping our teeth and mouth healthy
routine	Things you do regularly, every day
hygiene	Keeping clean

Children's books to support the topic

These books are really great to help us understand the issues we will cover in this unit of work, you can find some in our library

- Oh the things you can do that are good for you, Tish Rabe
- Nora, the girl who ate and ate, Andrew Weale
- Flabby cat and slobby dog, Jeanne Willis
- Six dinner Sid Inga Moore
- Burger boy, Alan Durant
- Germs are not for sharing, Elizabeth Verdick
- I will not ever never eat a tomato. Lauren Childs

Questions to think about ...

Which types of food do you need to stay healthy?

Which foods should be just a treat?

Who helps you choose your food?

What happens to our bodies if we don't get enough exercise?

What happens if we don't get enough sleep?

What is a germ?

Where are they?

What do they do?

Assessment

Pupils learn about eating well

- I know what a healthy diet looks like – the Eatwell Plate
- I can identify who helps me make choices about the food they eat
- I know the benefits of a healthy diet (including oral health)

Pupils learn about the importance of physical activity, sleep and rest

- I can describe some ways of being physically active throughout the day
- I can explain why it is important to rest and get enough sleep, as well as be active
- I can understand that an hour a day of physical activity is important for good health

Pupils learn about people who help us to stay healthy and well and about basic hygiene routines

- I know about the roles of people who help me to stay healthy (including giving vaccinations)
- I can describe everyday routines to help take care of my body, including brushing my teeth
- I understand how keeping clean and washing hands can stop the spread of disease



Useful Websites:

If you are worried about anything always talk to an adult that you trust like a parent or a teacher at school

FOOD a Fact of Life: www.foodafactoflife.org.uk (5-8 years)
Change4Life: www.nhs.uk/change4life

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