

Knowledge Organiser PSHE including RSE

Year 1 Summer Health & Wellbeing – Growing & Changing

Health and Wellbeing—

- Know healthy food is good for me and know what these foods are
 - Know the things I am good at, Know how we are feeling and who to tell if we are feeling sad.
 - Know the importance of personal hygiene
 - Know that there are people who can help us stay healthy
- PoS Refs: H11, H12, H13, H14, H15, H21, H22, H23, H24

Previous learning

Learning about people in their family
Emotions— happy and sad

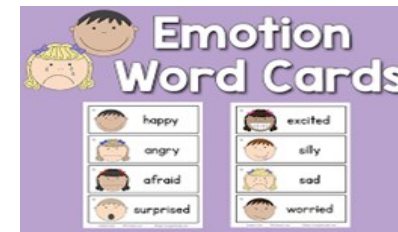


Key information

- We are all unique. We are not all the same. We all have different talents and can have different emotions.
 - If I am feeling unhappy or sad who can I tell?
- I could tell...
- A friend, a trusted grown up such as a family member or a teacher.

Useful links

<https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans>
<https://www.pshe-association.org.uk/curriculum-and-resources/resources/medway-public-health-directorate-relationships->



Our feelings can affect the way we behave.

Key Vocabulary

unique	Not the same as anything or anybody else.
feelings	Whether we are feeling happy, sad, angry or anxious.
emotions	How we are feeling.
trusted grown up	An adult we know and feel safe with.
talent	Something we are good at i.e football.

Our feelings can affect how we behave.

If we are angry or sad we may be unkind to our friends and we might hurt others even if we don't mean it.



- Wonder
- Enjoyment
- Love of Language
- Belonging
- Empathy
- Courage
- Kindness

Knowledge Organiser PSHE including RSE

Year 1 Summer Health & Wellbeing – Physical Health and Mental Wellbeing

Physical health and Mental wellbeing

Keeping healthy; food and exercise; hygiene routines; sun safety

PoS Refs: H1, H2, H3, H5, H8, H9, H10



Wonder
Enjoyment
Love of Language
Belonging
Empathy
Courage
Kindness

Previous learning

Dress independently

Manage own needs i.e
toileting



Key information

A nurse, doctor and dentist, parents and teachers can help us stay healthy.

Know there are different food groups and that some types of food are healthier than others.

Know that we need to look after our own Personal hygiene e.g. washing our hands and hair.

We need to stay safe in the sun.



Useful links

<https://www.pshe-association.org.uk/curriculum-and-resources/health-education/food>

<https://www.psheassociation.org.uk/curriculum/sunsafety>

Key Vocabulary

healthy	Feeling fit and well
bodies	The main part of a person or animal.
Physical activity	When we move our bodies and burn energy.
rest	When the body is not moving.
sleep	When our eyes are closed and our bodies are resting.
healthy food	Food that is good for our bodies.
personal hygiene	To keep our bodies clean.
germs	A tiny organism that cause disease and can make us unwell.