

#### Key Facts

- Mental wellbeing is a normal part of daily life, in the same way as physical health
- It is important to wash your hands to reduce the spread of germs
- There are many benefits of resting, spending time with friends and family, and having hobbies
- Good quality sleep is important for good health, and a lack of sleep can affect weight, mood and ability to learn

#### By the end of these topics, I should:

- understand what we can do to keep healthy
- understand why we need to wash our hands
- know how germs are spread and how they can affect our health
- be able to practise washing your hands
- know the differences between healthy and unhealthy choices

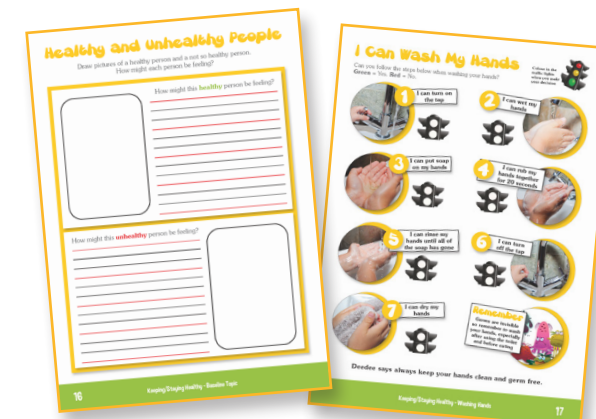


#### I will learn the following new words/phrases:

<b>Healthy</b>	<i>In good physical or mental condition.</i>
<b>Unhealthy</b>	<i>Not in good physical or mental condition.</i>
<b>Germs</b>	<i>Tiny organisms that can cause disease.</i>

#### Ask me a question!

- What does a healthy person look like?
- What does an unhealthy person look like?
- How can you stay healthy?
- When should we wash our hands?
- Why is important to wash our hands?
- What are germs? What can they do?



# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Healthy

### Topic: Healthy Eating and Brushing Teeth

Years  
1-3



### Key Facts

- There are risks associated with an inactive lifestyle and a poor diet, such as obesity and tooth decay
- There are many benefits of good oral hygiene, including dental flossing and regular check-ups at the dentist

### By the end of these topics, I should:

- know that food is needed for our bodies to be healthy and to grow
- understand that some foods are better for good health than others
- be able to list different types of healthy food
- understand how to keep yourself and others healthy
- know the differences between healthy and unhealthy choices
- understand why we need to brush our teeth
- be able to practise brushing your teeth
- know the differences between healthy and unhealthy choices
- be able to develop strategies to help you remember to brush your teeth when you forget, are tired, or busy

### I will learn the following new words/phrases:

<b>Ingredients</b>	<i>Items that are used to make food, a product, etc.</i>
<b>Energy</b>	<i>The power and ability to be physically and mentally active.</i>
<b>Repair</b>	<i>To put something that is damaged, broken, or not working correctly, back into good condition.</i>
<b>Vitamins</b>	<i>A group of natural substances that are necessary in small amounts for the growth and good health of the body.</i>
<b>Natural</b>	<i>Derived from nature; not made or caused by humankind.</i>
<b>Saturated fat</b>	<i>A type of fat found in meat, eggs, milk, cheese, etc</i>
<b>Decay</b>	<i>To become gradually damaged, worse, or less</i>

### Ask me a question!

- What foods keep us healthy?
- Why do we need food?
- Why is it important to brush our teeth?

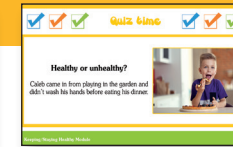


# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Healthy

### Topic: Medicine and Summative Assessment

Years  
1-3



### Key Facts

- Vaccinations can prevent you from certain diseases
- There are associated risks with legal and illegal harmful substances

### I will learn the following new words/phrases:

<b>Medicine</b>	<i>A drug or other substance used to treat disease, injury, pain, or other symptoms.</i>
<b>Allergies</b>	<i>When you have an unusual reaction to something, like dust or certain foods.</i>
<b>Vaccination</b>	<i>A special medicine that helps protect your body from certain diseases.</i>
<b>Antibodies</b>	<i>A protein in blood that reacts to toxic substances by destroying them or making them ineffective.</i>
<b>Research</b>	<i>Studying something carefully to find out more information about it.</i>
<b>Immune System</b>	<i>The system of the body that fights infection and disease.</i>
<b>Doctor</b>	<i>A person who is qualified to treat people who are ill.</i>

### Ask me a question!

- Why do we take medicine?
- Who should we take medicine from?
- What else can make you feel better when you are poorly?
- What is a vaccination?

### By the end of these topics, I should:

- know, understand, and be able to practise simple safety rules about medicine
- understand when it is safe to take medicine
- know who we can accept medicine from
- understand the differences between healthy and unhealthy choices

