



Hanslope Primary School

PSHE Knowledge Organiser – Year 1

Autumn 2: Health and Wellbeing

How does this link to my previous learning?

In EYFS, children focused on:

- Discuss ways we look after ourselves.
- Identifying how characters within a story may be feeling.
- Identifying and expressing my own feelings.
- Exploring coping strategies to help regulate emotions.
- Exploring different facial expressions and identifying the different feelings they can represent.
- Exploring how exercise affects different parts of the body.

What key vocabulary will I learn:

| | |
|-----------|--|
| Allergy | A strong reaction to something which does not affect most people. |
| Emotions | The range of feelings that someone can have, such as happiness or anger. |
| Feelings | Emotions that a person can feel. |
| Germ | A very small living thing which can make us ill. |
| Ill | Not feeling well because of an illness or disease. |
| Qualities | The personality traits that make someone who they are. |
| Relax | To rest or take a break. |

National Curriculum Links:

In KS1, children need to explore how their health and wellbeing are sometimes affected by how they feel and how they look after themselves.

How does this link to my future learning?

This year, pupils will:

- Know that strengths are things we are good at.
- Know the words to describe some positive and negative emotions.
- Know that sleep helps my body to repair itself, to grow and restores my energy.

What will I know by the end of this unit:

- Some emotions we can feel are happiness, sadness, anger and upset.
- Different situations can make us feel different emotions.
- Some people can be allergic to some food.
- Some people have jobs that help us to stay healthy.



Hanslope Primary School

PSHE Knowledge Organiser – Year 2

Autumn 2: Health and Wellbeing

How does this link to my previous learning?

In Year 1, children focused on:

- Know that strengths are things we are good at.
- Know the words to describe some positive and negative emotions.
- Know that sleep helps my body to repair itself, to grow and restores my energy.

National Curriculum Links:

In KS1, children need to explore how their health and wellbeing are sometimes affected by how they feel and how they look after themselves.

How does this link to my future learning?

This year, pupils will:

- Know that food and drinks with lots of sugar are bad for our teeth.
- Understand the importance of exercise to stay healthy.
- Understand the balance of foods we need to keep healthy.
- Know that breathing techniques can be a useful strategy to relax.
- Know that we can feel more than one emotion at a time.
- Know that a growth mindset means being positive about challenges and finding ways to overcome them.

What key vocabulary will I learn:

| | |
|-------------------|--|
| Diet | The food that we eat. |
| Emotions | The range of feelings that someone can have, such as happiness or anger. |
| Exercise | Movement of the body for our health and fitness. |
| Goal | Something you want to achieve. |
| Growth mindset | Believing that we can achieve things if we work hard. 'I can't do it YET!' |
| Healthy | Being well, both physically and mentally. |
| Physical activity | Something that requires someone to move their body. |
| Relaxation | Doing calming activities such as having a bath or reading a book. |
| Skill | The ability to do something well. |
| Strengths | The things we are good at. |

What will I know by the end of this unit:

- Exploring the effect that food and drink can have on my teeth.
- Exploring some of the benefits of exercise on body and mind.
- Exploring some of the benefits of a healthy, balanced diet.
- Suggesting how to improve an unbalanced meal.
- Learning breathing exercises to aid relaxation.
- Exploring strategies to manage different emotions.
- Developing empathy.
- Identifying personal goals and how to work towards them.
- Exploring the need for perseverance and developing a growth mindset.



Hanslope Primary School

PSHE Knowledge Organiser – Year 3

Autumn 2: Health and Wellbeing

How does this link to my previous learning?

In Year 2, children focused on:

- Exploring the effect that food and drink can have on my teeth.
- Exploring some of the benefits of exercise on body and mind.
- Exploring some of the benefits of a healthy, balanced diet.
- Suggesting how to improve an unbalanced meal.
- Learning breathing exercises to aid relaxation.

What key vocabulary will I learn:

| | |
|------------|--|
| Alone | Being by yourself. |
| Balance | A variety of different things. |
| Barriers | Obstacles that stop us from reaching our goals. |
| Belonging | Feeling comfortable and at home in a certain situation or place. |
| Barriers | Obstacles that stop us from reaching our goals. |
| Diet | The food that we eat. |
| Healthy | Being well, both physically and mentally. |
| Identity | Who someone is, how they define themselves. |
| Lonely | Feeling sad because you are alone. |
| Relax | To rest or take a break. |
| Resilience | A willingness to keep trying even when things become very hard. |
| Stretch | Loosening and extending the muscles. |

National Curriculum Links:

In LKS2, children need to explore what a healthy, balanced diet consists of. They need to understand that when a problem occurs, these can be overcome. Children need to learn to develop a growth mindset.

How does this link to my future learning?

This year, pupils will:

- Discuss why it is important to look after my teeth.
- Learn stretches that can be used for relaxation.
- Develop the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.
- Explore my own identity through the groups I belong to.
- Identify my strengths and exploring how I use them to help others.
- Be able to break down a problem into smaller parts to overcome it.

What will I know by the end of this unit:

- To understand ways to prevent tooth decay.
- To understand the positive impact relaxation can have on the body.
- To know the different food groups and how much of each of them we should have to have a balanced diet.
- To understand the importance of belonging.
- To understand what being lonely means and that it is not the same as being alone.
- To understand what a problem or barrier is and that these can be overcome.



Hanslope Primary School

PSHE Knowledge Organiser – Year 4

Autumn 2: Health and Wellbeing

How does this link to my previous learning?

In Year 3, children focused on:

- Why it is important to look after my teeth.
- Learn stretches that can be used for relaxation.
- Develop the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.
- Explore my own identity through the groups I belong to.
- Identify my strengths and exploring how I use them to help others.
- Be able to break down a problem into smaller parts to overcome it.

What key vocabulary will I learn:

| | |
|-------------------|--|
| Fluoride | A chemical found in toothpaste that helps keep our teeth strong and healthy. |
| Healthy | Being well, both physically and mentally. |
| Mental health | Our emotional wellbeing. |
| Negative emotions | Emotions which make us feel sad or angry. |
| Positive emotions | Emotions which make us and others around us feel happy. |
| Relaxation | Doing calming activities such as having a bath or reading a book |
| Resilience | A willingness to keep trying even when things become very hard. |
| Skill | The ability to do something well. |
| Visualise | To create an image of something in the mind. |

National Curriculum Links:

In LKS2, children need to explore what a healthy, balanced diet consists of. They need to understand that when a problem occurs, these can be overcome. Children need to learn to develop a growth mindset.

How does this link to my future learning?

This year, pupils will:

- Develop emotional maturity
- Learning that we experience a range of emotions and are responsible for these
- Appreciating the emotions of others
- Develop a growth mindset
- Identify calming activities and develop independence in dental hygiene.

What will I know by the end of this unit:

- To know key facts about dental health.
- To know that visualisation means creating an image in our heads.
- To know that different job roles need different skills and so some roles may suit me more than others.
- To know that it is normal to experience a range of emotions.
- To know that mental health refers to our emotional wellbeing, rather than physical.
- To understand that mistakes can help us to learn
- To know who can help if we are worried about our own or other people's mental health.



Hanslope Primary School

PSHE Knowledge Organiser – Year 5

Autumn 2: Health and Wellbeing

How does this link to my previous learning?

In Year 4, children focused on:

- Develop emotional maturity
- Learning that we experience a range of emotions and are responsible for these
- Appreciating the emotions of others
- Develop a growth mindset
- Identify calming activities and develop independence in dental hygiene.

National Curriculum Links:

In Year 5, children need to Learn to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.

How does this link to my future learning?

This year, pupils will:

- Develop independence for protecting myself in the sun.
- Understand the relationship between stress and relaxation.
- Consider calories and food groups to plan healthy meals.
- Develop greater responsibility for ensuring good quality sleep.
- Take responsibility for my own feelings.

What key vocabulary will I learn:

| | |
|----------------|---|
| Fail | To be unsuccessful in achieving a goal. |
| Goal | Something you want to achieve. |
| Protect | To keep someone safe from something. |
| Relaxation | Doing calming activities such as having a bath or reading a book. |
| Responsibility | Being in charge of our own actions. |
| Steps | To do what is necessary to reach a goal. |

What will I know by the end of this unit:

- To understand the risks of sun exposure.
- To know that relaxation stretches can help us to relax and de-stress.
- To know that calories are the unit that we use to measure the amount of energy certain foods give us.
- To know that what we do before bed can affect our sleep quality.
- To understand what can cause stress.
- To understand that failure is an important part of success.



Hanslope Primary School

PSHE Knowledge Organiser – Year 6

Autumn 2: Health and Wellbeing

How does this link to my previous learning?

In Year 5, children focused on:

- Developing independence for protecting myself in the sun.
- Understanding the relationship between stress and relaxation.
- Considering calories and food groups to plan healthy meals.
- Developing greater responsibility for ensuring good quality sleep.
- Taking responsibility for my own feelings.

What key vocabulary will I learn:

| | |
|----------------|---|
| Growth mindset | Believing that we can achieve things if we work hard. 'I can't do it YET!' |
| Habit | A repeated action. |
| Qualities | The personality traits that make someone who they are. |
| Responsibility | Being in charge of our own actions. |
| Skill | The ability to do something well. |
| Vaccination | An injection that gives us a very mild form of the disease and allows our bodies to develop antibodies to protect us from that disease. |

National Curriculum Links:

In Year 6, children need to learn about diet, oral hygiene, physical activity and the facts around immunisation. Exploring rest and relaxation and how they affect physical and mental health. Strategies for being resilient in challenging situations and planning for long-term goals.

How does this link to my future learning?

This year, pupils will:

- Consider ways to prevent illness.
- Identify some actions to take if I am worried about my health or my friends' health.
- Identify a range of relaxation strategies and situations in which they would be useful.
- Explore ways to maintain good habits.
- Set achievable goals for a healthy lifestyle.
- Explore my personal qualities and how to build on them.
- Develop strategies for being resilient in challenging situations.

What will I know by the end of this unit:

- To understand that vaccinations can give us protection against disease.
- To know that changes in the body could be possible signs of illness.
- To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).
- To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits.
- To understand that a number of factors contribute to my mental health (diet, exercise, rest/relaxation).
- To know the effects technology can have on mental health.