

# Year 1. Spring 1

## 1decision PSHE Knowledge Organiser

Module: Keeping/Staying Healthy

Topic: Baseline Assessment and Washing Hands



Years  
1-3

### 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?

