

PSHE - Y1 - Spring Term 1 - Health and Wellbeing Knowledge organiser



Key learning

- what being healthy means and who helps us to stay healthy (e.g. parent, dentist, doctor)
- why hygiene is important and how simple hygiene routines can stop germs from being passed on
- what you can do to take care of yourselves on a daily basis, e.g. brushing teeth and hair, hand washing
- that things people put into or onto their bodies can affect how they feel
- how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy
- to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private

Key vocabulary

physical activity

sleep

rest

healthy food

dental health

hygiene

disease

germs

medicine



