KNOWLEDGE ORGANISER

PSHE	HEALTH AND WELLBEING	KEY STAGE 1

Cross curricular links	Key skills	Key Vocabulary/definitions
Literacy – Communicating thoughts and feelings using spoken language **Science –** Personal and dental hygiene **PE –** The benefits of physical exercise	• Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • Know about dental health and the benefits of good oral hygiene • Know the benefits of physical exercise, time outdoors. • Know that mental wellbeing is a normal part of daily life, in the same way as physical health. • Know that there is a normal range of emotions (e.g., happiness, sadness, anger, fear, surprise, nervousness). • Know how to make a clear and efficient call to emergency services if necessary.	**Personal Hygiene -** Keeping our bodies clean. **Oral Hygiene -** Taking care of our teeth and mouth. **Exercise -** Exercise means moving our bodies to stay healthy and strong. **Mental Wellbeing -** Feeling happy and safe inside our heads. **Physical Wellbeing -** Taking care of our bodies by eating good food, staying active and getting enough sleep. **Emergency -** A situation that is very important and needs help right away.

Pictures/photos relevant to topic

Useful Information

https://www.bbc.co.uk/teach/class-clips-video/pshe-early-years-foundation-stage-ks1-feeling-better/zm2st39 Watch the videos to explore a range of emotions and tools to help you feel better.

https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwty Watch the video to find out more about how to keep your body healthy.