Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 1 – Spring 2
Healthy Me

Year 1
PSHE

Focus Question: How do my choices affect my health?

Key Vocabulary

healthy	Helping my body stay well.
exercise	Moving to keep my body active.
hygiene	Keeping myself clean.
germs	Tiny things; some cause illness.
hazard	Something that could hurt me.
medicine	Something that may help illness.
kerb	The edge of the pavement.

Key Learning

- I know ways to keep my body healthy.
- I can spot unsafe things at home and get help.
- I know how washing helps keep germs away.
- I know adults must help me use medicines.
- I can explain how to cross roads safely.

Healthy Me in Action



Healthy habits

Eat well, drink water, move and sleep.



Keep clean and safe

Wash hands and stay away from hazards.



Roads and medicines

Look and listen; ask a trusted adult.

Remember and Try

- Eat, sleep, drink and move regularly.
- Wash with soap and water.
- Never take medicine on my own.

End Point

I can make healthy choices, stay clean, spot dangers and follow rules for medicine and road safety.