Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

EYFS • Spring 2
Healthy Me

EYFS
Reception

Focus Question: How do my choices affect my health?

Key Vocabulary

exercise	Moving my body to be healthy.
rest	Taking time to relax and recover.
healthy	Helping my body and mind.
sugar	Something we should not have too much of.
germs	Tiny things that can make us ill.
safe	Away from danger or harm.

Key Learning

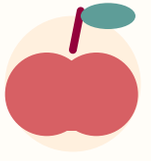
- I know exercise and active play help my body stay healthy.
- I understand my body needs movement and rest.
- I can choose more healthy foods and look after my teeth.
- I can wash my hands with soap and water to remove germs.
- I know I should tell a trusted adult if I feel worried or unsafe.

Healthy Me in Action



Move and rest

Play, run, stretch and make time to rest.



Healthy choices

Choose a variety of foods and look after teeth.



Clean and safe

Wash hands and ask a trusted adult for help.

Remember and Try

- Move your body, then give it time to rest.
- Choose healthy foods and wash your hands.
- Tell a trusted adult when you feel unsafe.

End Point

I can make healthy choices about exercise, rest, food and hygiene, and ask for help when needed.