

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:

Healthy	<i>In good physical or mental condition.</i>
Unhealthy	<i>Not in good physical or mental condition.</i>
Germs	<i>Tiny organisms that can cause disease.</i>

Ask me a question!

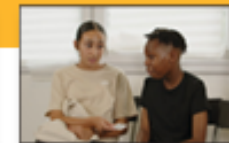
- What does a healthy person look like?
- What does an unhealthy person look like?
- How can you stay healthy?
- When should we wash our hands?
- Why is important to wash our hands?
- What are germs? What can they do?



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Module: Keeping/Staying Healthy

Topic: Medicine and Summative Assessment



Years
1-3

Key Facts

- Vaccinations can prevent you from certain diseases
- There are associated risks with legal and illegal harmful substances

I will learn the following new words/phrases:

Medicine	<i>A drug or other substance used to treat disease, injury, pain, or other symptoms.</i>
Allergies	<i>When you have an unusual reaction to something, like dust or certain foods.</i>
Vaccination	<i>A special medicine that helps protect your body from certain diseases.</i>
Antibodies	<i>A protein in blood that reacts to toxic substances by destroying them or making them ineffective.</i>
Research	<i>Studying something carefully to find out more information about it.</i>
Immune System	<i>The system of the body that fights infection and disease.</i>
Doctor	<i>A person who is qualified to treat people who are ill.</i>

Ask me a question!

- Why do we take medicine?
- Who should we take medicine from?
- What else can make you feel better when you are poorly?
- What is a vaccination?

By the end of these topics, I should:

- know, understand, and be able to practise simple safety rules about medicine
- understand when it is safe to take medicine
- know who we can accept medicine from
- understand the differences between healthy and unhealthy choices

