



Welton Primary School — PSHE Knowledge Organiser

Year: 1

Spring 2

Healthy Me

PSHE Puzzle Piece Vocabulary

Balanced	Equal amounts.
Body parts	Any part of a human being.
Choices	What we choose to do.
Clean	Free from dirt and germs.
Exercise	A physical activity.
Green Cross Code	A set of rules to follow when walking on or near the road.
Healthy	To be in a good physical state or good health.
Hygienic	How clean and healthy you are.
Listen	To use your ears to pay attention to a sound.
Look	To use your eyes to pay attention to what someone or something is doing.
Medicines	Something to make us feel better.
Safety	Making sure you are protected (or safe) from danger or getting hurt.
Sleep	A period of rest
Toiletries	Items used to clean ourselves.
Trust	To believe in how true something is, or how honest somebody is being.
Unhealthy	Not showing good health
Wait	To stay where you are until a particular time.



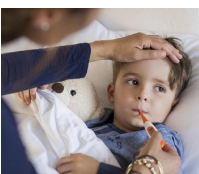
Healthy and Unhealthy Choices

I know what food and activities are healthy and unhealthy. I can show you ways of staying healthy and explain the importance of this in our day to day lives. I can explain the effect this will have on people. I can illustrate how I keep healthy and



Clean and Healthy

I know how I can keep myself clean and healthy. I know that germs spread and can cause disease. I know that some household substances can help me, while others can be harmful. I know that I am special and that I should keep myself safe.



Medicines

I know how I feel when I am poorly and what happens. I can say what I have and who looks after me. I can decide and justify which items are good/bad for me and which ones are healthy/unhealthy.



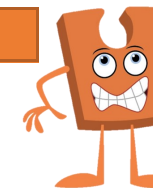
Road Safety

I can explain how various people keep me safe. I can say where I feel safe and who makes me feel safe. I can enact the Green Cross Code and explain how it works to keep me safe. I can come up with a 'stay safe' message.



A Healthy Day

I can tell you what a healthy day looks like and create a timeline to show this with my class. I can write part of a recipe to create a class recipe book on how to keep healthy.



Hello, My name is Jigsaw Jack

Questions to Support Learning

- Can you give me an example of a healthy / unhealthy choice?
- How do you feel when you make a healthy choice? • Can you tell me something that is special about you?
- Can I tell you something I think is special about you?
- What can you do when you feel poorly
- Can you talk about a time when you felt frightened?
- Who can you ask for help when you feel frightened?
- How does Jigsaw Jerrie Cat help you to pause in lessons?

