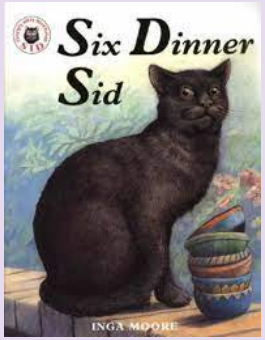
KS1-Knowledge Mat- PSHE- Healthy Me

Subject Specific Vocabulary	
Healthy	A good physical condition,
Unhealthy	Looking ill not having good health.
Balanced	Having a mixed diet, eating a correct amount of healthy foods and treats.
Exercise	Moving your body, improving your bodies physical condition.
Sleep	Relaxing your body, eyes closed. Normally for several hours.
Choices	Picking between more than one thing, can be a good or bad choice.
Hygienic	Maintaining health and preventing illnesses, especially by being clean.
Clean	Free from dirt, marks or stains
Safe	Protected from harm or not exposed to harm
Trust	firm belief in the reliability, truth, or ability of someone or something
Green Cross Code	Being the only one of its kind; unlike anything else

Recommended Reads



Sticky Knowledge

- I can sort healthy and unhealthy foods.
- I can make healthy lifestyle choices.
- I can make safe choices in the home.
- I can tackle a new challenge
- I can name some ways to help myself when I feel poorly.
- I can say what I need to do to keep myself safe on the roads.
- I can tell why my body is amazing and so ways to keep it healthy.

Aspirations

PSHE teacher
Support worker
Social worker
Mental health worker

Important facts to know by the end of this PSHE Topic:

- I know some ways to keep myself happy and healthy.

- I know how to make healthy lifestyle choices.

- I know how to keep myself clean

I know how germs can cause disease.

-I know that medicines can help me when I'm poorly.

- I know how to keep safe when crossing the road and the people who can help me stay safe.