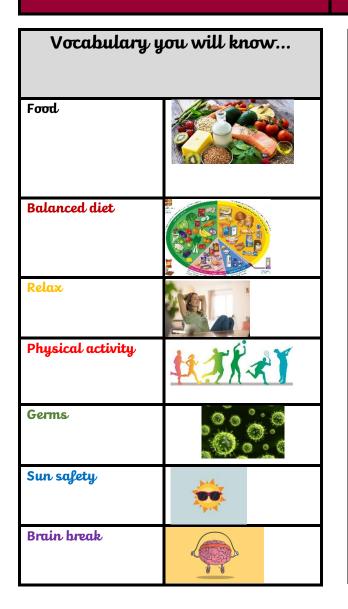


Mickleover Primary School - PSHE Knowledge Organiser

Title: Being Healthy Year Group: 1 Term: Summer 1





Key Learning

I can identify different ways to keep healthy.

I can name some healthy foods and know the risks of eating too much sugar.

I know how physical activity keeps me healthy.

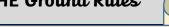
I know why sleep is important and different ways to rest and relax.

I know how to look after my teeth.

I can describe different ways of keeping safe in the sun.

I understand the importance of taking a break from screen time.

Our PSHE Ground Rules



- We will listen to each other.
- We won't make fun of anyone.
- You can pass when answering a question.
- 4. We know we can talk
 to our teacher or
 another adult in
 school, if we want to
 talk or need help.

We will learn through;

- Storybooks
- Puppets
 - Role play
 - Discussion



