

Y1 PSHE Jigsaw Knowledge Organiser Healthy Me

Puzzle Outcomes

- To understand the difference between being healthy and unhealthy and know some ways to keep myself healthy.
- To feel good about myself when I make healthy choices.
- To know how to make healthy lifestyle choices feel good about myself when I make healthy choices.
- To know how to keep myself clean and healthy, and understand how germs cause disease/illness.
- To know that all household products including medicines can be harmful if not used properly.
- To recognise that I am special so I keep myself safe.
- To understand that medicines can help me if I feel poorly and I know how to use them safely.
- To know some ways to help myself when I feel poorly.
- To know how to keep safe when crossing the road, and about people who can help me to stay safe.
- To recognise when I feel frightened and know who to ask for help.
- To tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.
- To recognise how being healthy helps me to feel happy.

Weekly Celebrations

- Week 1-Have made a healthy choice.
- Week 2 – Have eaten a healthy, balanced diet.
- Week 3 – Have been physically active.
- Week 4 – Have tried to keep themselves and others safe.
- Week 5 – Know how to be a good friend and enjoy healthy relationships.
- Week 6 – Know how to keep calm and deal with difficult situations.

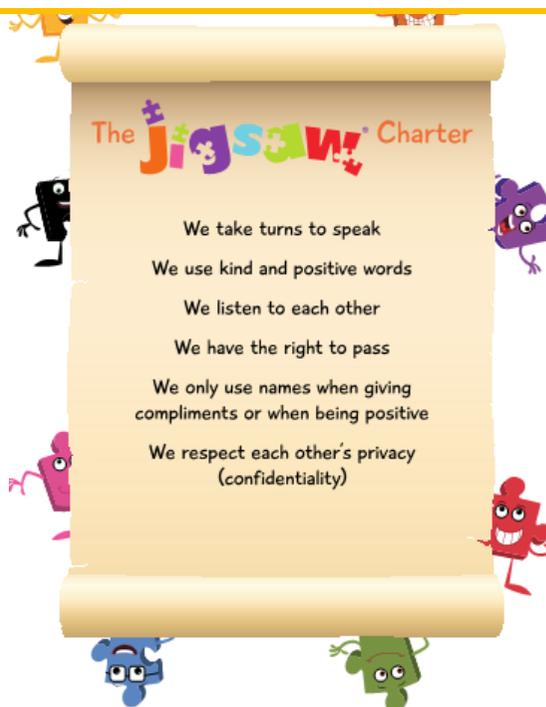
Healthy Me at Haydon Wick Primary School

As good citizens of Haydon Wick Primary School, it is important that we care for our own health and well-being. We are also aware of the well-being of others in our school and work together to support each other to be healthy and happy.



Our Values of the term:

Humility and Honesty



Key Vocabulary

Healthy	Keeping your body working at its best.
Unhealthy	Poor health which can make you unwell.
Balanced diet	Eating a variety of different foods from all five food groups to maintain a healthy diet.
Exercise	Physical fitness and keeping active.
Sleep	The state of rest for the body and mind in which the eyes are closed.
Clean	Not dirty.
Hygiene	The practice of keeping clean to stay healthy and prevent disease.
Safe	Free from the risk of harm.
Medicines	A drug or other substance used to treat a disease, injury, pain, or other symptoms
Green cross code	A procedure that helps people cross the road safely.