



# KS1 PSHE Knowledge Organiser

## Year 1 Spring 1

### Keeping myself safe

**Concept Question**

Am I part of a community and is that a good thing?

**What I will learn (sticky)**

I can know that exercise and sleep are important parts of a healthy lifestyle.

I can explain about people who look after me, who to go to if I am worried and ways to help these people look after them.

I understand that medicines can sometimes make people feel better when they're ill.

**What I should already know**

I can explain ways of keeping clean (for example by washing their hands and keeping their hair tidy) and they can name the main parts of the body.

**What I will learn next**

I can make simple choices about some aspects of their health and well-being (for example by choosing between different foods and between physical activities, knowing that they need sun protection) and know what keeps them healthy (for example exercise and rest).

I can talk about the harmful aspects of some household products and medicines, and describe ways of keeping safe in familiar situations (for example knowing how and where to cross the road safely).

I can recognise they share a responsibility for keeping themselves and others safe.

Key Vocabulary	Definition
<b>safety</b>	providing protection from harm, loss, or danger
<b>body parts</b>	a part or section of the human body, such as the arm, chest, nose, neck, or knee.
<b>illness</b>	the condition of being ill or sickness
<b>harmful</b>	likely to cause harm or is dangerous
<b>medicines</b>	a drug or other substance used to treat a disease, injury or pain
<b>teeth</b>	hard, white, bony objects that grow in rows in the jaws of people and animals. Teeth are
<b>personal hygiene</b>	is how you care for your body