

PSHE Knowledge Organiser



PSHE Strand/ Year Group

Healthy Me - Reception

Overview

The children learn about their bodies; the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about handwashing and why it is important. The class also discuss stranger danger and what they should do if they are approached by someone they don't know.

Knowledge

- Know the names for some parts of their body
- Know what the word healthy means
- Know some things that they need to do to keep healthy
- Know that they need to exercise to keep healthy
- Know how to help themselves go to sleep and that sleep is good for them
- Know when and how to wash their hands properly
- Know what to do if they get lost
- Know how to say no to strangers

Key Vocabulary

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| Healthy | Feeling well |
| Exercise | Keeping the body healthy by being active |
| Stranger | Someone who you do not know |
| Trust | A feeling that someone is a good person |
| Scared | To feel afraid or worried |
| Sleep | A natural state of rest. |
| Wash | To make or keep something clean |
| Clean | To be free from dirt. |
| Head | The part of the body where the brain is. |
| Shoulders | The joint connecting the arm to the body. |
| Knees | A leg joint |

Social and Emotional Skills

- Recognise how exercise makes them feel
- Recognise how different foods can make them feel
- Can explain what they need to do to stay healthy
- Can give examples of healthy foods
- Can explain how they might feel if they don't get enough sleep
- Can explain what to do if a stranger approaches them.

