

Knowledge Organiser

PSHRE Year 1 Spring 2

What helps us stay healthy?

Prior Learning: What keeps my body healthy? (EYFS – Spring 2)		
Key Vocabulary	Objectives <i>taken from Progression Document</i>	Key Knowledge
healthy hygiene germs medicines vaccinations immunisation dental health harmful	Children will learn: <ul style="list-style-type: none"> • about what keeping healthy means • simple hygiene routines that can stop germs from spreading. • that medicines (including vaccinations, immunisations and those that support allergic reactions) can help people to stay healthy. • about the importance of dental care and visiting the dentist; how to brush teeth correctly; know that foods and drinks support dental health. • about the people who help us to stay physically healthy. • about things that people can put into their body or on their skin; how these can affect how people feel. PoS refs: H1, H5, H6, H7, H10, H37	Know what it means to be healthy. Understand why hygiene is important and how simple hygiene routines can stop germs from being passed on. Know that medicines can help people stay healthy and that some of these things affect how the person feels. Know how to brush their teeth, and that visiting the dentist is important. Know who helps them to stay healthy e.g. parents, doctors, nurses, dentists