



KNOWLEDGE ORGANISER: PSHE Being Healthy Year 1 Block 5

Key Vocabulary

Diet	The foods you eat.
Exercise	Moving your body to keeping healthy.
Healthy	Having enough energy to run, play and learn without being too tired.
Unique	Someone that is not like anyone else.
Emotions	Something you feel inside.
Facial Expressions	When someone shows how they feel using their face.

My Feelings



Ways to Stay Active:

Walking



Playing games



Dancing



Can you think of any more?

Healthy Foods

We should aim to eat 5 portions of fruit and vegetables a day.

Fruit and vegetables



Fish and meat



Eggs, milk and cheese



Home Learning

- See how many star jumps you can do in a row. Then do the same next week, can you do more or less?
- Try a new fruit or vegetable to see if you like it. You might be surprised!
- Think about all the things that make you special, what makes you different from your friends?
- Can you show an adult what a happy face is? Angry face? Sad face? Shocked face?