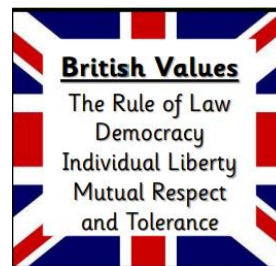


Year 1

Summer 2

Moor First PSHE
Knowledge
Organiser - It's my
body



Weaving concepts



Sticky Knowledge

Key Learning Points:

Looking After Our Bodies and Minds: There are lots of things we can do to keep our bodies and minds healthy. We can:

- spend time doing active things we enjoy;
- spend time doing calming, quiet activities to help our minds rest;
- spend time with family and friends;
- eat a wide variety of foods to create a balanced diet;
- spend time outside;
- drink lots of water;
- get enough sleep.



Our Bodies are Our Own: No one should make us feel **uncomfortable** about anything they do to us. If someone has touched our body in a way that we don't like, it is very important we:

- tell them to stop it because we don't like it;
- run to a **trusted adult**;
- tell them what has happened.

WHAT SHOULD I ALREADY KNOW?

I know how to manage my own basic hygiene like going to the toilet and washing my hands.

I know how to get dressed on my own and how to make healthy food choice

Key Vocabulary

consent	To give permission or agree to something.
choice	Options we have about what to do.
exercise	Physical activity that helps our bodies and minds to stay healthy.
permission	Allow something to happen.
hygiene	Keeping ourselves clean to stay healthy and well.
risk	A chance something may be dangerous or cause harm.
safe	Being protected from harm or danger .
unsafe	Something that is not safe .
danger	Something that could cause harm.
comfortable	Something that we feel is OK or that helps us to feel settled.
uncomfortable	Something that we feel isn't OK or that makes us feel unsettled.
trusted adult	Adults who we know we can talk to about anything that worries us.
rules	Instructions we need to follow to stay safe .
consequence	Things that happen as a result of something else.