



Mossfield Primary School Knowledge Organiser



Year 1– Health and Wellbeing— This unit teaches children about physical and mental health. It includes food choices, physical activity, balanced lifestyles, drugs and alcohol education, first aid, sleep, dental health and more. It teaches them to keep healthy and safe while equipping them to help others. Through each unit the children will also complete lessons from the No Outsiders in Our School programme which teaches them about the characteristics protected by the Equality Act.

Key Learning

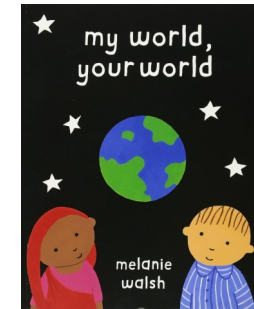
To learn about change and loss and to understand the feelings associated with these.



To learn about what goes onto and into our bodies (both good and harmful).



To read and discuss the text 'My World, Your World' to help understand that we share the world with lots of people.



To learn about people who take care of them and about the family networks they belong to.



To know about rules we have for keeping safe and about how they keep physically and emotionally safe.



Key Vocabulary

Loss	Harm or distress that comes from losing something or someone
Associated	To join or come together as partners, friends, or companions
Administered	To give or dispense.
Harmful	Causing or likely to cause harm; dangerous.
Networks	A system that involves a number of persons or groups
Physically	Something that relates to the body as opposed to the mind.
Emotionally	A feeling or lots of different feelings. Relates to the mind as opposed to the body.