



# 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.

## Key Learning

To learn about some of the things that keep our body healthy and be able to identify some ways of taking care of themselves.



To be able to describe what they like and dislike and recognise what a choice is.



To learn about basic hygiene routines and describe simple steps they can take to stop the spread of infections.



To be able to identify changes that have happened to them since they were a baby.



To understand what makes them unique and to be able to describe their own personal strengths.



# Key Vocabulary

Healthy	In a good physical or mental condition; in good health.
Unhealthy	Harmful to health, not showing or having good health.
Choice	An act of choosing between two or more possibilities.
Consequences	A result or effect of something.
Hygiene	Conditions or practices taken to maintain health and prevent disease, especially through cleanliness.
Infections	Occurs when germs enter the body, increase in number, and cause a reaction of the body.
Disease	A change in a living body that prevents it from functioning normally.
Unique	Being the only one of its kind.
Attributes	A characteristic or quality.