**PSHE Knowledge Organiser**

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| **Key Knowledge** | **Key Vocabulary** |
| * I can tell the difference between healthy and unhealthy foods and activities. * I can identify what we have to do to feel well and be healthy. * I can describe how not eating well and not being active can affect our bodies and how well we feel. | carbohydrate, protein, vitamins,  minerals, saturated fats,  unsaturated fats |
| * I can make informed choices about my exercise and sleep habits. * I can identify the physical, emotional and mental consequences of not getting enough exercise or sleep. * I can use mindfulness and meditation to aid a good night’s sleep. | choices, consequences, sleep, deprivation, impact, effects, positive, negative, physical, emotional, mental, health, wellbeing, mindfulness, meditation, habit, routine |
| * I understand the need for good personal hygiene. * I can identify healthy habits. * I know how to protect my body in different ways. | health, wellbeing, care, habits, healthy eating, diet,  exercise, physical, mental, teeth, oral, dental, body,  sun exposure, illness, bacteria, virus, germs, infection,  hygiene, medicines, allergies, responsibility |
| * I understand that the choices I make about my body have consequences. * I understand what contributes to a balanced lifestyle. * I can identify factors that influence choices we make about our bodies. | health, wellbeing, physical, mental, drugs, positive,  decision, choice, influence, balanced lifestyle,  emotional, body image, pressure, media, rest,  consent, diet, exercise, cleanliness |
| * I can identify what a drug is and can discuss how different drugs affect the body. * I can suggest where pressure might come from to try drugs, including alcohol and tobacco. * I know what to do if I feel pressured to try a harmful substance. | alcohol, cigarettes, tobacco, e-cigarettes,  vaping, vapes, vape pens, medicine, nicotine,  addictive, drugs, harmful, dangerous, substances,  habit, healthy, unhealthy, damage, pressure,  media, legal, illegal, age restrictions, choice,  energy drinks, caffeine |
| * I understand that the choices I make about my body have consequences. * I understand what contributes to a balanced lifestyle. * I can identify factors that influence choices we make about our bodies. | health, wellbeing, physical, mental, drugs,  positive, decision, choice, influence,  balanced lifestyle, emotional, body image,  pressure, media, rest, consent, diet, exercise,  cleanliness |