**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 |
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