Yr 1 PSHE/RSE Autumn 2: Health and Wellbeing Knowledge Organiser

I know that PSHE lessons are for learning about myself, how to get along with people, about keeping safe, healthy and happy.



I know that some people can be allergic to some foods



I know that some people have jobs that help to keep us healthy e.g. doctors, nurses, dentists



I know that getting enough sleep helps to keep us healthy



I know that washing our hands can get rid of germs.



I know that the sun can be good for us but we should wear sun screen



Icons from The Noun Project: *Me* Ignat; *Cooperation* by Eucalyp; *Safety* by Candy Design; *Healthy* by Nithinin Tattah; *Happy* by Jirapark; *Food Allergy* and *Nurse* by Adrien Coquet; *Doctor* by Wilson Joseph; *Dentist* by Luis Prado; *Sleep* by Mike Ford; *Handwashing* by Slidicon; *Germs* by Vectorstall; *Sun* by Nursila; *Good* by Rooty; *Sunscreen* by P Thanga Vignesh