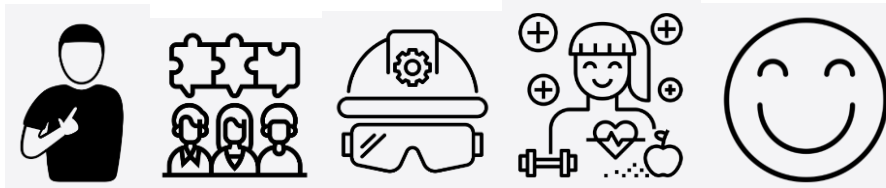


Yr 1 PSHE/RSE Autumn 2: Health and Wellbeing Knowledge Organiser

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



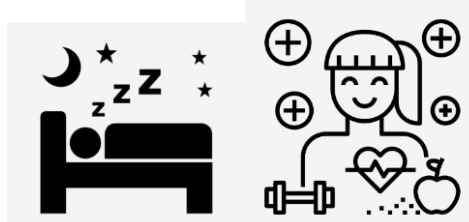
I know that some people can be allergic to some foods



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

