









Knowledge Organiser

Year: 1 Subject: RSHE Block 3 Keeping Healthy

Units: Mental Wellbeing; Health and Prevention

Overview:																	
<p>During this sequence of learning, pupils will be shown how to communicate about feelings, recognise how others show feelings, and know how to respond to support respectful relationships. They will identify different ways to protect teeth, maintaining good oral hygiene.</p>																	
What should I already know?	Vocabulary:																
<ul style="list-style-type: none"> Recognise a range of feelings and how these are expressed, including words to describe them such as happy, sad, angry or excited. Simple strategies for managing my feelings such as taking deep breaths, count to ten, going to a quiet safe place or thinking about what I am trying to say. Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. Know different food and drink contain varying amounts of sugar and fat and how it is important to make healthier choices. 	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; padding: 5px;">Behaviours</td> <td style="padding: 5px;">Way in which you act especially towards others</td> </tr> <tr> <td style="padding: 5px;">Feelings</td> <td style="padding: 5px;">An emotional state or reaction </td> </tr> <tr> <td style="padding: 5px;">Emotions</td> <td style="padding: 5px;">A strong feeling about something or towards something</td> </tr> <tr> <td style="padding: 5px;">Respect</td> <td style="padding: 5px;">Thoughtful of the feelings, wishes or rights of others</td> </tr> <tr> <td style="padding: 5px;">Oral</td> <td style="padding: 5px;">To do with the mouth</td> </tr> <tr> <td style="padding: 5px;">Hygiene</td> <td style="padding: 5px;">Maintain health and prevent disease</td> </tr> <tr> <td style="padding: 5px;">Plaque</td> <td style="padding: 5px;">Sticky substance on your tooth containing bacteria</td> </tr> <tr> <td style="padding: 5px;">Tooth decay</td> <td style="padding: 5px;">Damage to your tooth </td> </tr> </table>	Behaviours	Way in which you act especially towards others	Feelings	An emotional state or reaction 	Emotions	A strong feeling about something or towards something	Respect	Thoughtful of the feelings, wishes or rights of others	Oral	To do with the mouth	Hygiene	Maintain health and prevent disease	Plaque	Sticky substance on your tooth containing bacteria	Tooth decay	Damage to your tooth 
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What will I know by the end of the unit?																	
<ul style="list-style-type: none"> How to describe my feelings and understand that other people may react differently to their feelings. There are many different types of emotions and feelings, some feel comfortable and some uncomfortable. A comfortable feeling may make me feel happy, calm and relaxed but an uncomfortable feeling may make me feel anxious, scared or sick in my stomach. Know that all feelings are okay but some behaviours are not. For example, everybody feels angry sometimes but it is not okay to be unkind or hurt someone when you feel angry. <div style="display: flex; justify-content: space-around; margin: 10px 0;">   </div> <ul style="list-style-type: none"> Teeth are very important and you need to really look after them as they need to last your whole lifetime. The need for good oral hygiene to prevent tooth decay caused by bacteria or infection. Why it is important to brush my teeth, how many times and for how long each day to keep my teeth healthy. Other things I can do to look after my teeth. For example, don't have lots of sweets or sugary drinks and visit the dentist regularly. 																	