



Knowledge Organiser - Being my Best Summer Term 1 2026 MC years 3

Sticky Knowledge – What I already know

I know when somebody might need first aid and know what I can do to help

Key Themes of Being My Best unit

Keeping myself healthy, Celebrating and developing my skills, Having choices and making decisions about my health, Taking care of my environment, Growing independence and taking responsibility, Media awareness and safety , Managing risk, Aspirations and goal setting

Key Knowledge - What I will know at the end of the unit

- I know how to discuss and debate an issue
- I know how to contribute to the care of the environment using the seven R's and can relate this to different scenarios
- I know what being part of a school community means and can suggest ways to improve it
- I know what First aid means
- I know what risk factors are and know the potential outcomes of taking risk
- I know what a risk is and can assess how to keep myself safe



Word	Definition
Debate	- Talking about different opinions and saying why you think something.
Discussion	- Talking together and sharing ideas.
Continuum	- A line that shows a range from one idea to another.
Courteous	- Being polite.
Respectful	- Being kind and listening to others.
Justify	- Explaining why you think something.
Refuse	- Say no to things you don't need.
Reduce	- Use less of something.
Re-use	- Use something again instead of throwing it away.
Rot	- When food and natural waste break down.
Recycle	- Turn old things into new things.
Repair	- Fix something that is broken.
Re-think	- Think again about your choices.

Word	Definition
Community	- A group of people who live or work together in the same place.
School community	- All the people in a school, like children, teachers, and staff, who work and learn together.
Life skill	- A skill that helps you in everyday life.
Sepsis	- A very serious illness caused by an infection that makes you very sick.
Assessing risk	- Thinking about what could go wrong and how safe something is.
Weigh up	- Thinking carefully about different choices before deciding.
Dilemma	- A difficult choice between two options.
Assessing risk	- Thinking about what might be dangerous or unsafe..
Choices	- Different options you can pick from.
Influence	- Something or someone that affects what you think or do.