



# Knowledge Organiser - Being My Best Summer Term 1 2025 GC

## Sticky Knowledge – What I already know

- To know and be able to talk about what makes our world special
- I know why it is important to look after my friends and other people
- I know I may need to look after things e.g. pets, plants
- I know how money is important to my family
- I know ways to control my behaviour and emotions
- I know how we can look after our environment?



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

- I know why exercise is important to help us stay well
- I know some ways I can keep fit and well
- I know sleep and a good bedtime routine are important to keep me healthy
- I know what foods are healthy and know that I should eat a lot of these and I know what foods are not healthy and I should eat less of these
- I know what diseases are and how I can stop them spreading
- I know when somebody might need first aid and know what I can do to help
- I know what is inside my body and what the different body parts do

## Subjects and Issues

Cooperation, healthy eating, teamwork, decision making, healthy lifestyles, hygiene, illness, safety, keeping safe, achievement, responsibility, confidence, decision making, basic first-aid, body parts, physical activity

## Key Question Themes

- Physical Health and Fitness
- Healthy Eating
- Health and prevention
- Health and Mental wellbeing
- Basic First Aid



Word	Definition
exercise	Moving your body to get strong and healthy, like running, jumping, or dancing
heart	Like a pump inside your chest that moves blood all around your body
muscles	These help your body move, run, jump, and lift things. They are inside your body and work when you move.
routine	a set of things you do every day, like brushing your teeth or getting dressed, to help you feel ready for the day
calm	When you are calm, you feel peaceful, quiet, and not worried or excited
sleep	Sleep is when your body and mind rest so you can feel strong and healthy
healthy	When your body feels good, has lots of energy, and works well because you take care of it with good food and exercise."
fruit	Sweet foods that grow on plants or trees
vegetables	Healthy foods that grow in the ground or on plants.
dairy	Foods made from milk,
meat	Foods from animals that you can eat
sugar	A sweet thing found in foods that make them taste sugary
salt	A tiny white crystal that makes food taste better and is often sprinkled on meals
cereal	Foods made from grains
germs	Tiny things that are so small you can't see them. They can sometimes make you sick
disease	When your body doesn't feel well because something inside it is not working right
hygiene	Things you do to keep your body clean, like washing your hands, brushing your teeth, and taking a bath."
spread	when something goes from one person to another."

Word	Definition
brain	The part inside your head that helps you think, remember things, and control what your body does
heart	The part inside your chest that pumps blood around your body to keep you healthy."
lungs	The parts inside your chest that help you breathe in air and get oxygen
stomach	The part inside your body where food goes after you eat it, and it helps turn the food into energy
small intestine	The long part inside your body where food gets turned into energy after you eat it.
large intestine	The part inside your body that helps remove things you don't need after food has been turned into energy.
food	Things you eat to give your body energy and help you grow, like fruits, vegetables, and snacks
water	A clear liquid you drink to stay healthy and help your body work well,
First aid	The help you give when someone gets hurt,
Risk	When something might happen that could cause harm or make things go wrong
Accident	When something unexpected happens that causes harm or damage
Danger	When something can hurt you or cause harm
Hazard	A thing or situation that can cause harm
Kettle	A container used to boil water
Safe	When something or someone is not in danger
burn	When something hot touches your skin and causes pain or damage
scald	When hot liquid or steam touches your skin and causes pain
emergency	A time when something serious happens and you need help right away