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| **Meadows First School Knowledge Organiser** **SUBJECT PSHE** | **YEAR GROUP R TERM Summer 1**  **FOCUS/ THEME:** **Active Me** |
| **Techniques /Skills:** | Key Vocabulary |
| Wellbeing F**ocus: Active** Me   * Understand that exercise keeps me fit and healthy      * Identify different ways to keep myself healthy | |  |  | | --- | --- | | Word/ term | definition | | exercise | physical activity that is done to help keep yourself fit and healthy | | healthy | having good health, not being sick or injured | | fit | physically healthy and strong | |
| Key People / information | Resources: Books, internet sites and places to visit |
| UNICEF Declaration of the Rights of the Child  Article 24: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. | Web sites and books-possible alternatives  The Crocodile That Didn’t Like Water – Gemma Merino  See also  [www.booksfortopics.com](http://www.booksfortopics.com)  [www.booktrust.org.uk](http://www.booktrust.org.uk) |