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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
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| 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 |

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| 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 alternativesThe Crocodile That Didn’t Like Water – Gemma MerinoSee also [www.booksfortopics.com](http://www.booksfortopics.com) [www.booktrust.org.uk](http://www.booktrust.org.uk) |