



# Lacock Primary School Knowledge Organiser - PSHE Year 1 January 2024

## Important Vocabulary

<b>Praise</b>	To say something good about or to someone
<b>Feedback</b>	Telling someone how they have done and how they might improve.
<b>encourage</b>	To give support, confidence or hope to someone.
<b>hygiene</b>	Ways of keeping clean to aid good health.
<b>disease</b>	An illness that affects how the body works.
<b>portion</b>	An amount of food.
<b>vitamins</b>	Important for growth and development.

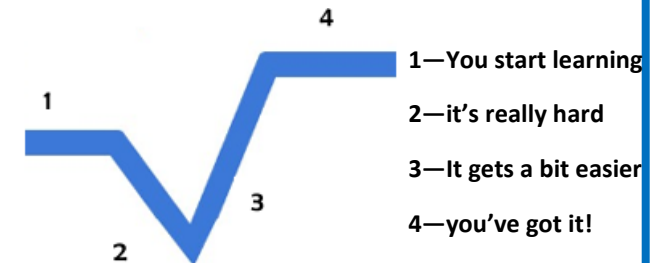


**Never worry about making a mistake—you are learning!**

## Key Skills

- I can name a few things I can do when I find something difficult
- I can say why some foods are healthy and why its important to eat 5 portions of fruit/veg daily

## Learning line process



## Key Knowledge

- I can find ways to approach challenges
- I know that eating 5 portions of fruit and veg each day helps me to stay healthy
- I know a learning line shows how long it takes to learn something and that I will get there in the end!



What I should already know:

We need to eat healthily

This learning will help me in the future

The next PSHE unit in year 1