

Rowan Class – Autumn 1
Health - How we Grow and Stay Healthy
Knowledge Organiser

Prior Learning

- ♣ The children know the parts of the human body.
- ♣ They can observe using their senses.



Key knowledge to learn and remember

- ♣ To know that washing hands helps to prevent the spread of germs which can be harmful.
- ♣ Know that brushing your teeth helps keep them healthy by removing plaque.
- ♣ Children will know how to brush their teeth properly.
- ♣ Children know exercise helps us remain healthy. When we exercise, we breathe harder, our muscles warm up and get stronger, our heart beats faster and we sweat.
- ♣ Children will know that we need a varied diet to be healthy. Some sugary and fatty foods we must eat in moderation.
- ♣ To know that some fats are invisible but are still there.

Key Vocabulary: Learn the meaning of the word/phrase

hygiene - keeping your body clean and healthy

germs - tiny living things that can make us feel poorly

exercise - when we move our bodies to stay strong, healthy and fit

heart rate - how many times your heart beats in a minute

plaque - a sticky layer of germs on your teeth

observe - look at something careful and notice what happens

result - the outcome

healthy - your body and mind are working well