# Aston on Trent Primary School
# PSHE Knowledge Organiser

## Curriculum overview

We will be developing an understanding of how everyday choices can support physical and emotional wellbeing by exploring nutrition, physical activity and self-regulation.

## Key vocabulary

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|---|---|
| **Light activity** | Moving your body gently, like walking or stretching. |
| **Mental health** | How we feel, think and cope with things. |
| **Moderate activity** | Moving enough to make your heart beat faster and make you breathe a little harder, like riding a bike. |
| **Regulate** | To help yourself feel calm and in control. |
| **Response** | How you react to something that happens. |
| **Vigorous activity** | Moving your body a lot and breathing hard, like running or playing a fast game. |

## Our topic is...



**My Healthy Self:**
**How can I support my mind and body as I grow?**

## Sticky knowledge

Poor nutrition can lead to tiredness, illness, low mood or long-term health problems.

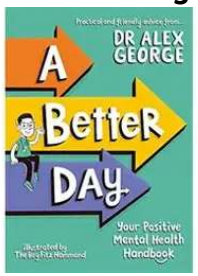
Spending time outdoors can help people feel calm, focused, and more connected to the world around them.

It is important to regulate emotions, so they do not control feelings or actions.

Physical activity helps mental well being by boosting mood and reducing stress.

Children their age should get at least one hour of moderate to vigorous activity every day.

**A Better Day: Your Positive Mental Health Handbook**
**Dr Alex George**




**Research activity:**

What could you do to look after your mind and body?

**Helpful websites:**

Childline
Health for Kids
NHS Healthier Familie

**Me and My Brain**
**Helen Rutter**

