



YEAR 5 - Knowledge Organiser – PSHE – Autumn 2



What can you learn about the eat well guide?

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Physical Health

Your physical health is about how your body grows, feels and moves, how you care for it and what you put in it.

Children aged 5-18 should get 1 hour of physical activity a day.

Vocabulary

Wellbeing
Physical Health
Mental Health
Resilience



It can be useful to write down any worries and store them.

Questions to Consider

Why is mental health important?

Why is physical health and exercise important?

Why is good hygiene important for maintaining good physical health?

