



EYFS - Spring 2 - Personal, Social and Emotional Knowledge Organiser

What I already know...

What a challenge is. Why it is important to keep trying. I know how what a goal is and how to set and work towards it. To use kind words. I must work hard now in order to be able to achieve the job they want when they are older.

What I will learn...

- To know the names for some parts of their body.
- To know what the word 'healthy' means.
- To know some things that they need to do to keep healthy.
- To know that they need to exercise to keep healthy.
- To know how to help themselves go to sleep and that sleep is good for them.
- To know when and how to wash their hands properly.
- To know what to do if they get lost.
- To know how to say No to strangers.

Key Vocabulary

Healthy	In a good physical or mental mind-set.
Unhealthy	Is likely to cause illness or poor health .
Diet	The food and drink that a person eats.
Teeth	Are used for biting and chewing.
Hygiene	The practice of keeping clean to stay healthy.
Exercise	To take part in bodily activity for the sake of improving physical fitness.
Self care	Is about being a champion for your own mental and emotional well-being.



Making a difference at The Merton and beyond

During this topic, children will focus on learning about their bodies, including the names of key body parts and how to stay healthy. They will talk about food and learn that some foods are healthier than others. Children will discuss the importance of sleep and explore strategies that can help them settle and rest.

They will also learn about the importance of good hygiene, particularly handwashing, and understand why it is necessary. In addition, the class will explore the concept of *stranger danger* and discuss what they should do if approached by someone they do not know.

