

PSHE Knowledge Organiser

Healthy and Safer Lifestyles: Sex and relationships Term Spring 2

What if we could not buy food?

Hygiene and how to prevent the spread of disease.



Parts of the body



Male and female bodies have different features. Some differences are external and some are internal.

Not all males look the same and not all females look the same.





Throw tissues away

hair

Cover your mouth when coughing

Take baths/

showers



- Cold
- Flu
- Chicken pox
- Covid
- Slap cheek
- Worms
- Measles
- Scarlet fever



What to do when you feel ill:

- Talk to you GP
- Don't try to do too much
- Drink lots of fluids



Vocabulary Tier 2

male, female, personal hygiene, disease prevention, uniqueness, body changes



Vocabulary Tier 3 bacteria, penis, vagina,

testicle, breast