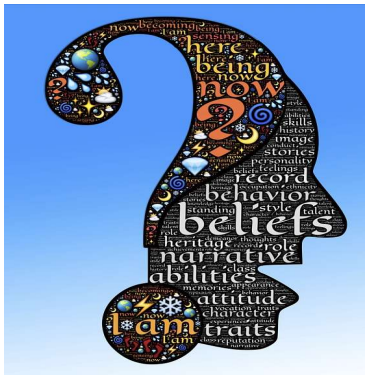
Rolvenden Primary School – Knowledge Organiser PSHE (Holly)

Health and Wellbeing

I can list some factors that contribute to a person's identity (ethnicity, family, faith, gender and hobbies)

I know that gender identity does not always correspond to a person's biological sex.

I know that stereotypes are not always accurate and I can challenge these by looking at each individual situation.



I know that mental health is 'How we think, feel and behave.' (NHS England definition).

I can list things I can do to support my mental health e.g talking to a friend, going for a walk, practising mindfulness.

I know that anyone can experience mental ill-health and to discuss concerns with a trusted adult.

I can carry out basic first aid and know how to treat minor cuts and burns.

I know how to carry out a primary survey using :

D – Danger

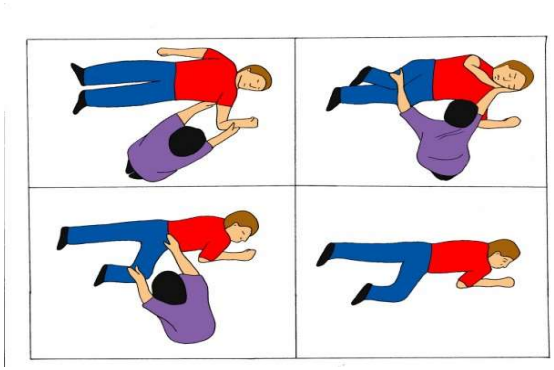
R – Response

A – Airways

B – Breathing

C – Circulation

I know when (breathing but unresponsive) and how to put someone in the recovery position.



I can explain how preventative medicines such as vaccinations and immunisation can stop disease from spreading

I can explain the safe use of medicines to help manage illness and allergies (e.g. Epipen for severe allergy, Insulin for Type 1 diabetes)

I know which drugs are legal and illegal.
Legal drugs include caffeine, cigarettes and alcohol.
Illegal drugs include cocaine, cannabis and speed.

I know the risks involved when taking any drug. These include risk of a criminal record, damage to physical and mental health and increased chance of dependency.

I know how to make choices that support a healthy, balanced lifestyle including:

- Planning a healthy meal using the Eatwell plate
- Staying physically active
- Maintaining good dental health
- Balancing online activity
- Getting a good night's sleep
- Managing influence of friends and family

I know the meaning of FGM (Female Genital Mutilation) and that it is illegal and against human rights.