

## Knowledge Organiser –Being My Best -Summer Term 1 2025

### Sticky Knowledge – What I already know

- I know that some illnesses can spread from one person to another.
- I know how the body gets energy.
- I know how to make choices.
- I know we all have different skills.
- I know what is meant by school community.
- I know some first aid.

### Subjects and Issues

Body parts, cooperation, science, teamwork, achievement, aspirations, self esteem, growth mindset, resilience, talents, confidence growing up, risk taking, safety, responsibility, independence being yourself, body image, media influence decision making, basic first aid, safety, confidence

### Key Knowledge – What I will know at the end of the unit

- I will know what the major internal body parts are( heart, blood, lungs, stomach, small and large intestines, liver and brain) and how they work
- I will know myself and other people have different skills and talents
- I will know the meaning of responsibility and independence
- I will know how people are represented in the media does not always reflect real life but know what qualities real people have
- I will know what my aspirations for the future are and how I can make a plan to achieve them

### Key Question Themes

Internet Safety and Harms

Basic First Aid



**The Acorn Partnership**

Marston Montgomery Primary School

Long Lane C of E Primary School

Key Vocabulary	Definition
Intestine	<i>The part of your body that helps finish digesting food and gets rid of the waste.</i>
Vessels	Tubes that carry blood around your body.
Veins	Tubes that carry blood <b>back to the heart</b> .
Arteries	<i>Tubes that carry blood <b>away from the heart</b> to the rest of the body.</i>
Lungs	Lungs help you breathe. They take in air your body needs and push out air your body doesn't need.
liver	A large organ that helps clean the blood and breaks down food.
Goal setting	Picking something you want to do and making a plan to do it.
Talents	Things you have learned how to do, like reading, drawing, or riding a bike.
Skills	Things you are naturally good at, like singing, running, or solving puzzles.
intelligence	How well someone thinks, learns, and solves problems.
First aid	First aid is helping someone who is hurt or unwell until they get proper help.
Injury	<b>When you get hurt, like a cut or a bruise</b>
Minor accident	A small or less serious accident, like tripping or bumping into something.
Emergency	A serious situation where someone needs help quickly.
blood	The red liquid inside your body that carries oxygen
Nose bleed	When blood comes out of your nose, often from a bump or dry air.
Choking	When food or liquid gets stuck in your throat and you can't breathe.
Key Vocabulary	Definition
Breathing	The action of taking air into your lungs and letting it out.
Airway	The passage that air travels through to your lungs, like your nose and throat.
Unresponsive	When someone doesn't react or respond, even if you try to get their attention.
Casualty	A person who is hurt or injured in an accident or emergency.
Burn	An injury caused by heat, fire, or something hot.
Wound	A hurt or injury to the body, like a cut or scrape.
Recovery	Getting better after an injury or illness.
scald	A burn caused by hot liquids or steam
Independence	The ability to do things on your own without needing help from others.
Responsibility	Taking care of things and being in charge of what you do.
Personal qualities	The things that make you who you are, like being kind, honest, or helpful
celebrities	famous people, like actors, singers, or athletes, who are known by many people around the world.
aspirations	Things you hope to achieve or dreams you want to follow in the future
Goal setting	Deciding what you want to do and making a plan to reach it.
perseverance	keeping going, even when something is tough.