



Someries
Infant School

Knowledge Organiser

Prime Learning Challenge: How do I keep healthy?

Key language



fruit



vegetables



exercise



healthy



washing
hands



brushing
teeth



heart
beat



sport

It will _____ because _____ .

I think _____ because _____ .

Key facts: keeping healthy

- It is important to keep healthy
- It is important to eat lots of fruit and vegetables every day
- There are lots of different ways to exercise
- It is important to wash your hands
- You need to brush your teeth twice a day

How many of these types of exercise can you do?

walking



leaping



jumping



star jumps



big steps



running



hopping



tiptoeing



skipping



small steps

