



# Healthy Me and My School

## EYFS – Knowledge Organiser

### My Body



Our bodies will tell us when we need a rest. We need to get lots of sleep at night, too.



Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves.

Eating a balanced diet means eating lots of different types of food. We should try to eat lots of fruit and vegetables.



Our school first began a very long time ago, in 1665, when a man called Anthony Pinchbeck gave money to help start it.

A new building constructed, combining both groups of children in 1973, with 5 classrooms.

There are now 13 classrooms.

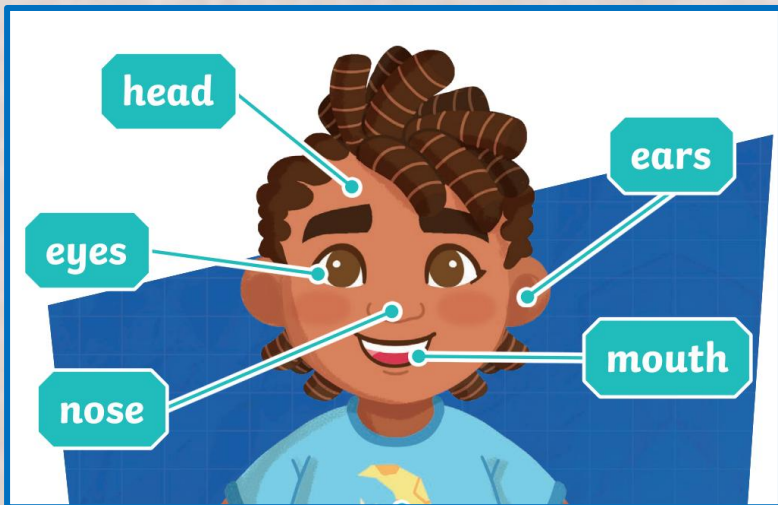
Wash our hands.



Have baths and showers to keep our bodies clean.



Clean our teeth.



### I am learning to...

Name and describe people who are familiar to me.



Understand how to listen carefully.

Comment on images of familiar situations in the past.