

Knowledge Organiser

Self-Concept



Give 3 ways to develop positive self-concept:

- 1: _____
- 2: _____
- 3: _____

The thing I've enjoyed this term is _____

One goal I am working towards is _____

WellBeing

Explain 5 ways to improve your wellbeing:

3.

2.

4.

1.

5.



Physical Health

2 ways we can improve our physical wellbeing are:

1. _____ 2. _____



One way I am choosing to develop my physical health is _____

Risks to physical health



Risks we've talked about that impact physical health are:

- 1 _____ 2 _____
- 3 _____ 4 _____
- 5 _____ 6 _____

One strategy to prevent against this physical risk is _____

Healthy Lifestyle

One life style choice that impacts our wellbeing we have learnt about this term is _____

I'm taking responsibility of creating a healthy lifestyle by _____



Advice I'd give for improving well being is _____

Reproductive Health & Changes

One mental change we have learnt about this term is _____

Describe 2 physical changes we have discussed this term _____



My Knowledge Organiser

Term 1

