



PSHE Topic: What helps us grow and stay healthy?

Year: 2 **Term:** Summer 1

Key Knowledge/Content:

- **Healthy lifestyles and physical wellbeing-** Discuss the benefits of regular exercise and the positive impact this can have on your body and mental health.
- **Health and wellbeing-** Learn about what keeping healthy means and know different ways to keep healthy.

Key vocabulary with definition:

Prior vocabulary:

- Sugar- Used as a sweetener in food and drink.
- Rest - Cease work or movement in order to relax, sleep, or recover strength.
- Screen time- Time spent using a device such as a computer, television, or games console.

New vocabulary:

- Fats – Foods that contain fats.
- Hygiene- Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.
- UV- Ultraviolet.

Links to:

Prior learning:

To know how to look after our teeth.

Future learning:

To discuss good dental hygiene and ways to improve fitness and diet.

By the end of this unit

All children can: recognise different food that are a healthier choice for their bodies.

Most children can: demonstrate how eating too much sugar can have a negative impact on their bodies.

Some children can: demonstrate and **explain** how too much sugar can cause tooth decay and can confidently **explain** why this happens.

Background understanding for teachers and parents:

This unit will be focused around keeping healthy. Children will look at the contents of their food in more detail and discuss ways they can make healthier choices.

Curriculum Driver:

Healthy lifestyle

Evidence outcome:

Openly discuss what a healthy diet is and the impact of exercise on our bodies.