

PSHE AT KINGSLEY: Year 2



Topic: Health and Well Being (Being Healthy; eating, drinking, playing and sleeping)

Question: *What Can Help Us Grow and Stay Healthy?*

Learning Expectations:

In this unit of work pupils will learn:

- That different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest
- That eating and drinking too much sugar can affect their health, including dental health
- How to be physically active and how much rest and sleep they should have everyday
- That there are different ways to learn and play; how to know when to take a break from screen-time
- How sunshine helps bodies to grow and how to keep safe and well in the sun

Programme of Study References

H1, H2, H3, H4, H8, H9

Key Websites:

[1 decision \(5-8\) - Keeping/staying healthy f](#)

Cross Curricular:

Maths

Physical development

Prior Knowledge: Many factors help us stay healthy such as: balanced diet, water, exercise and rest, hygiene.

Future Knowledge: How to make informed choices about physical activity. A lack of activity can affect health and wellbeing. To visit the dentist on a regular basis.

Essential Knowledge:

To grow into a healthy adult, we must eat the right amount of the right types of foods, exercise regularly and maintain good hygiene

Brushing properly removes plaque. Plaque can cause cavities, toothache, gum disease and even our teeth to fall out!

Adults need to be active for at least 150 minutes each week.

We know how to keep safe in the sun.

Key Vocabulary:

Healthy, exercise, dentist, active, balanced diet, nutrition, hygiene, brushing, plaque, gum disease, exercise, rest, sunshine, screen time.