

Year 2 Autumn 1 PSHE What keeps me healthy?



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

Eating well

- know what a healthy diet looks like
- can identify who helps them make choices about the food they eat
- know the benefits of a healthy diet (including oral health)

The importance of physical activity, sleep and rest

- can describe some ways of being physically active throughout the day
- explain why it is important to rest and get enough sleep, as well as be active
- understand that an hour a day of physical activity is important for good health

People who help us to stay healthy and well and about basic health and hygiene routines

- know about the roles of people who help them to stay healthy (including giving vaccinations)
- can describe everyday routines to help take care of their bodies, including oral health
- understand how basic hygiene routines can stop the spread of disease

What should I already know:

Some physically active games from different cultures.

Big Question:

How can I keep myself healthy?

The end point:

To know what a healthy diet is and other ways I can keep myself healthy.

Key vocabulary

Healthy diet, oral health, physical activity, active, sleep, vaccination routine, hygiene, food, rest, routines.

Zones of regulation



Mindmate Monday lesson



Year 2 Autumn 1 celebrate strengths

Lesson focus: I'm good at.... & I am going to try & be better at

Pupils should have the opportunity to...

learn from their experiences recognise & celebrate their strengths set simple but challenging goals