

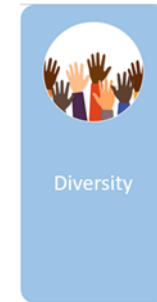
Subject: PSHE

Year group: 2

Term: Summer

Unit name: Healthy Lifestyles (importance of sleep; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help)

Notes:



Main concepts:

- To know that routines and habits for maintaining good physical and mental health.
- To understand the importance of sleep and rest for growing and keeping healthy.
- To know that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies.
- To know the importance of, and routines for, brushing teeth and visiting the dentist.
- To understand that food and drink that affect dental health.
- To be able to describe and share a range of feelings.
- To know how to manage big feelings including those associated with change, loss and bereavement.
- To know when and how to ask for help, and how to help others, with their feelings.

Prior knowledge. Children should already...

Know what it means to be healthy and why it is important including basic hygiene routines, physical activity (Y1).

Be able to identify healthy and unhealthy foods (Y1).

Know that the dentist can help them to stay healthy (Y1).

Key vocabulary

Physical health, mental health, wellbeing, mood, feelings, medicine, vaccination, immunisation, allergies, dental health, loss and bereavement, physical activity,

How the children are to be taught this.

Relate to children's own lives and experiences.

Incorporate routines and habits for good physical/mental health into the school day, handwashing, fruit break. sun safety, active play at breaks.

At the teacher's discretion, some objectives could be taught by additional adults (dependent upon the cohort). However, it is recommended that lessons focusing on loss and bereavement are taught by the class teacher.



