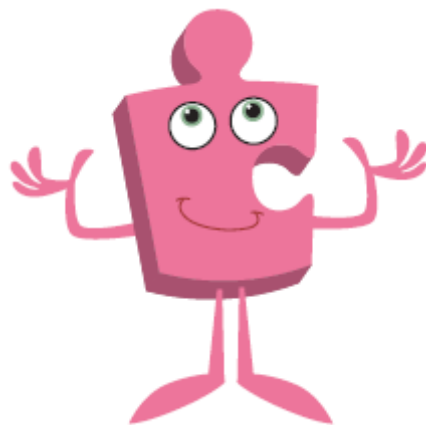




# Year 2 PSHE: Healthy Me

## Prior Learning

- Know the difference between being healthy and unhealthy
- Know some ways to keep healthy
- Know how to make healthy lifestyle choices
- Know how to keep themselves clean and healthy
- Know that germs cause disease / illness
- Know that all household products, including medicines, can be harmful if not used properly
- Know that medicines can help them if they feel poorly
- Know how to keep safe when crossing the road
- Know about people who can keep them safe



## Vocabulary

Healthy choices\*, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm\*, Healthy\*, Unhealthy\*, Dangerous, Medicines, Safe\*, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.



## Sticky Knowledge

- Know what their body needs to stay healthy
- Know what relaxed means
- Know what makes them feel relaxed / stressed
- Know how medicines work in their bodies
- Know that it is important to use medicines safely
- Know how to make some healthy snacks
- Know why healthy snacks are good for their bodies
- Know which foods give their bodies energy