

Glenfield Infant School Knowledge Organiser



Year 2 - Summer 1

RSHE

Being my Best

What should I already know?

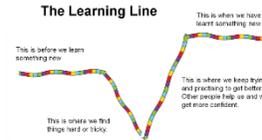
I can name different parts of my body that are *inside* me and help to turn food into energy. I know what I need to get energy. I can explain how setting a goal or goals will help me to achieve what I want to be able to do.

Vocabulary:

Achieve	To do something you worked hard for.
Germ	Tiny living things that make you feel ill/ unwell.
Injections	A medicine put into your body with a needle.
Choices	Things you can pick between.
Brain	The part of your body that helps with control and think actions.
Soap	Something you sue with water to clean your hands and body.
Small intestine	A long part inside your body where food is digested.
teeth	Hard parts in your mouth that help you bite and chew food.

1. You can do it!

Look at learning as a journey, consider...



Where do you think you are on the Learning Line at the moment?
Let's set a target for ourselves and practise it, if we achieve it straight away then use words of encouragement like 'Well done' 'Great job'!

If not, allow time for more practise and they will get there in the end.

All learning is a journey with a start point, then things get difficult and if you keep practising then the things you try to do, will get easier.



2. My day

- What do you choose for breakfast?
- What do you choose in class/?
- What would you like to eat first lunchbox?
- What game do you play?
- Who do you play with?

Choice is important for us, but trusted adults help us to make healthy and educated choices, i.e. putting healthy cereal and fruit in your lunch box.



3. Harold's Postcard - helping us to keep clean and healthy

KS2 History: Edward Jenner



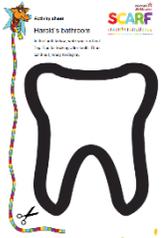
From the information watched and read, we know about how to wash our hands well, keep surfaces clean and wash food before eating it.

4. Harold's bathroom

Think of 5 top tips for keeping your teeth clean

- brush twice a day
- brush for at least two minutes
- just spit, don't rinse afterwards
- avoid sugary food between meals
- drink milk to keep teeth and bones strong
- avoid too much sugar

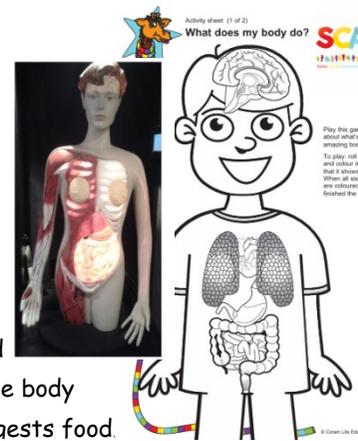
Oral hygiene is really important and it is important that we follow these key steps every single day.



5. What does my body do?



- Large intestine - takes food waste.
- Brain - controls body function
- Lungs - take oxygen into body
- Small Intestine - absorbs food
- Heart - pumps blood around the body
- Stomach - breaks down and digests food



6. Basic first aid - lets become first aid champions!



First aid is super important



First aid is an invaluable life skill that also helps meet whole school outcomes. Champions equips you with everything you need to know and is simple to use and follow.