

PSHE

Y2 Knowledge Organiser – Healthy Me



Knowledge

What should I already know?

Know the difference between healthy and unhealthy choices.
 Know some ways to keep myself healthy.
 Know how to keep myself clean.
 Know that some things in our houses can make us poorly if not properly.
 Know that medicines can help me if I feel poorly and I know how to use them safely.
 Know how to keep safe when crossing the road and know the people who can help me to stay safe.

What do I need to know? – Key Knowledge

Know specific ways to keep my body healthy (exercise, sleep, nutrition and mental wellbeing)

Know some things make us feel relaxed and others make us feel stressed.

Know that medicines help us to feel better but can also make us poorly if used unsafely.

Know foods can be grouped.

Know I need the right proportions of food to keep healthy.

Know which foods give me the most energy.

P4C enquiries

P4C enquiries are based on the needs of the cohort to share ideas in a safe and respected environment. Possible enquiry questions:

- If I make some unhealthy choices am I an unhealthy person?
- What should the consequences be if you don't use medicine properly.?
- Does being healthy mean the same to everyone?

Tier

Vocabulary

Tier 1

Healthy choices, healthy, unhealthy, dangerous, safe, body

Tier 2

Lifestyle
 Motivation
 Tense
 Relax
 Relaxation
 Calm
 Medicines
 Balanced diet
 Portion
 Proportion
 Fuel

Tier 3

Nutritious
 Energy

Skills

Expected Standard

- Be motivated to make healthy lifestyle choices.
- Identify different levels of emotion.
- Identify how medicines work in my body and how to use them safely.
- Sort foods into food groups and identify which our bodies need everyday to keep healthy.
- Make some healthy snacks and explain why they are good for me.
- Have a healthy relationship with food.

Greater Depth

A child working at greater depth will be able to justify choices and explain about food and medicines and explain why they are good for their bodies. Children will be able to give evidence as to why their own and their friends choices are more or less healthy. They will be able to evaluate how healthy and less healthy choices effect how they feel.

British Values and the Protected Characteristics

Children will develop a sense of morality and be taught the basic concepts of the British Values. Children will focus on the rule of law and discuss the right ways to use medicines and how this can help to keep us safe and happy. Children will talk about the consequences and link to the first PSHE topic of Being my in my world