

P.S.H.E. – Year 2 – spring 1 – What keeps me healthy?

Vocabulary	Meaning
balanced diet	A combination of the <u>correct</u> types and <u>amounts</u> of food.
diet	The food and <u>drink</u> usually <u>eaten</u> or <u>drunk</u> by a person or group.
exercise	<u>Physical</u> activity that you do to make <u>your</u> body <u>strong</u> and <u>healthy</u> .
germ	A very <u>small</u> organism that <u>causes</u> <u>disease</u> .
growth	The <u>process</u> of <u>increasing</u> in size.
healthy	Strong and well.
nutrition	Food needed to live.
oral hygiene	<u>Care</u> and <u>attention</u> given to the mouth to keep it clean and prevent disease.
persuade	To make someone do or believe something by giving them a good <u>reason</u> to do it or by talking to that <u>person</u> and making them believe.
physical activity	The <u>body</u> doing of something.
pictorial	<u>Shown</u> in the form of a picture or photograph.
proportion	The size, shape or level of something.
vaccine	A <u>substance</u> put into a person's <u>body</u> to prevent them getting a <u>disease</u> .
vaccination	The <u>process</u> of giving someone a <u>vaccine</u> .

Skills
Recall and remember the different food groups.
Develop an understanding of what a healthy diet is.
Talk about and explain the need for good basic hygiene.

Books


Knowledge

THE BENEFITS OF PHYSICAL ACTIVITY FOR CHILDREN

Information provided by: <http://www.health.gov.au/guidelines>

For infants (Birth to 1 year), Toddlers (1 to 3 years) and Pre-schoolers (3 to 5 years), being physically active every day can:

- 1 Achieve and maintain a healthy weight
- 2 Build strong bones and muscles.
- 3 Improve balance, movement and coordination skills
- 4 Promote social skills through interactions with people.
- 5 Support brain development.
- 6 Encourage self-confidence and independence.

Social benefits

- 1 Opportunities for fun with friends and family.
- 2 Reduced anti-social behaviour, including aggressive and disruptive actions.
- 3 Helping to develop cooperation and teamwork skills.

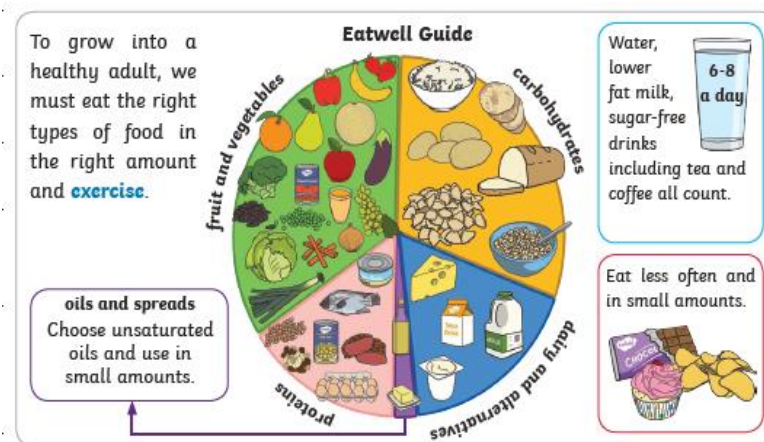
Emotional and intellectual benefits

- 1 Improved self-esteem and confidence.
- 2 Help with management of anxiety and stress.
- 3 Improved concentration.

Health benefits

- 1 Promotion of healthy growth and development.
- 2 Strong muscles and bones.
- 3 Improved physical fitness, including coordination and movement skills.
- 4 Reduced risk of disease and unhealthy weight gain.

What keeps me healthy? The importance of eating well, physical activity, sleep and rest. People who help me stay healthy and well and why basic hygiene routines are important.



What I should be able to do and know now.

Knowledge

What healthy means.

Ways to be healthy.

How to clean their teeth.

Know what our senses are and why we have senses.

What a pictogram is.

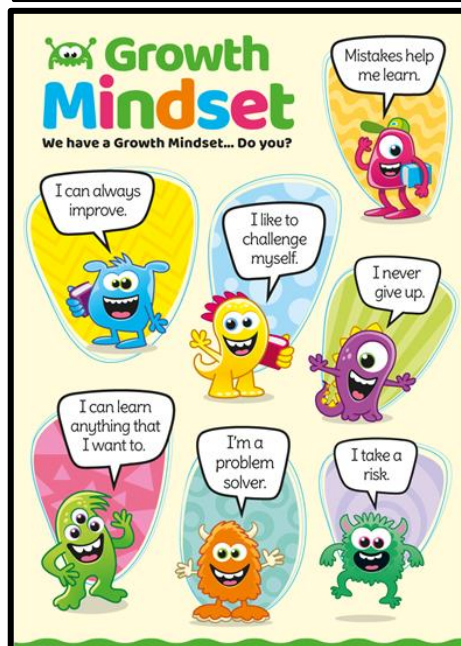
Skills

Know how to sort into groups and what sort means.

Ask simple questions and suggest answers.

How to create a pictogram.

Growth Mindset Strategies



What I will be learning

1. What is a healthy balanced diet?
2. What the different food groups are.
3. Why simple hygiene routines are important.
4. How to clean your teeth properly.
5. The importance of handwashing.
6. How to have a healthy, balanced diet.
7. Why exercise is important.

What I will know and be able to do at the end of the topic.

What is a healthy balanced diet?

A healthy balanced diet is when you drink enough water and eat the right amount of foods from the different food groups.

Who helps you make choices about the food you eat?

My parents, family and friends.

Why is it important to rest and get enough sleep?

Sleep is important because it enables the body to repair and be fit and ready for another day.

How long should you be physically active every day?

At least an hour.

How does the dentists help me stay healthy?

Regular visits to the dentist will help you maintain healthy teeth and gums.

Tell me about when and where you are physically active in school.

Playtime, lunchtime, P.E. lessons, before school when we run around the yard.

Tell me how school lunches are healthy and balanced.

The school lunch has something from each food group and the portion size is right for me. It also has water to drink.