

Year 2 – Term 1
What does it mean to survive?
 PSHE



- sensible amounts of ‘screen time’
- having a good sleep routine

Progression in Skill:

Different things to help their bodies to be healthy, including food and drink, physical activity, sleep and rest.
 Eating and drinking too much sugar can affect their health, including dental health.
 How to be physically active and how much rest and sleep they should have every day.
 There are different ways to learn and play; how to know when to take a break from screen time.
 How sunshine helps bodies to grow and how to keep safe and well in the sun.

Long-term Memory Knowledge:

Talk about the different ways to keep your body healthy, including food and drink, physical activity/exercise, sleep and rest.
 Know some of the effects of eating too much sugar, including on the health of your teeth.
 Suggest some of the many ways people can be physically active.
 Know how much sleep and rest is recommended for someone their age.
 Talk about different ways of learning and playing, including the use of screens and spending time offline.
 Know when to take a break from screen time.
 Know that sunlight helps our body and to talk about ways to protect our bodies from having too our sun.

Key Vocabulary

dental health	taking care of your teeth by brushing them and not eating too much sugar.
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National Curriculum Links:

The importance of building regular exercise into daily and weekly routines and how to achieve this; for example: walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
 The risks associated with an inactive lifestyle (including obesity).
 How and when to seek support including which adults to speak to in school if they are worried about their health.
 What constitutes a healthy diet (including understanding calories and other nutritional content).
 The principles of planning and preparing a range of healthy meals.
 The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Essential Prior Learning:

- Know and talk about the different factors that support their overall health and wellbeing:
- regular physical activity
 - healthy eating
 - tooth brushing

screen time	the amount of time you spend looking at screens like TVs, tablets, or phones
mental health	how you feel in your mind, like being happy, sad, or calm
healthy	feeling good physically or mentally
physical activity	moving your body by doing sports
hydration	drinking enough water to keep your body healthy and feeling good
active	moving your body a lot
sun cream	a lotion you put on to protect your body from too much sun

Progression in Resources:

Stories and videos

Relevance

Now	Children know how to stay healthy with good food, exercise, sleep, and rest. They understand that too much sugar can harm their teeth and health. They learn to be active, get enough rest, take breaks from screens, and stay safe in the sun.
Future	Children develop healthy habits, making good choices about food, exercise, and sleep. They understand the impact of screen time on mental health and make choices to support positive mental health.
Aspiration	As adults, children continue to live healthy lives and help others do the same. They promote healthy eating, regular physical activity, and the importance of sleep and rest. They encourage balanced screen time and sun safety.