

Year 2 Term 1

What can help us to grow and stay healthy?

PSHE



vaccination and immunisation should be aligned with when vaccinations are offered to pupils. About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.

Essential Prior Learning:

Know and talk about the different factors that support their overall health and wellbeing, e.g. regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time,' having a good sleep routine, taking medicine when it is needed, having good hygiene.

Progression in Skill:

Name some of the different things that help our bodies to be healthy, e.g. physical activity.
Suggest ways to be physically active.
Know that eating and drinking too much sugar can affect their health, including dental health.
Know some of the things we do to use medicines safely.
Know the importance of sunshine in helping your body to grow.
Suggest ways to stay and well in the sun.
Know how much sleep and rest you should be getting.
Talk about some of the ways people grow and change.
Know who to talk to if you are worried about your health.
Suggest some different ways to learn and play, knowing when to take a break from screen time.
Know what online gaming is and some of the associated risks.
Name ways to stay safe around roads, water and railways.
Explain the importance of wearing a seatbelt.

Long-term Memory Knowledge:

Talk about the different ways to keep your body healthy, e.g. food and drink, physical activity/exercise, sleep and rest.
Know some of the effects of eating too much sugar.
Name alternative activities to being online.

Know that sunlight helps our body and to talk about ways to protect our bodies from having too our sun.
Know how to use medicine safely.

Key Vocabulary

dental health	taking care of your teeth by brushing them and not eating too much sugar
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 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; 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; promote healthy eating, regular physical activity, and the importance of sleep and rest. They encourage balanced screen time and sun safety.

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance

The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.
The risks related to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive.
The characteristics and mental and physical benefits of an active lifestyle.
The importance of building regular physical activity 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, moderate and/or vigorous physical activity.
How and when to seek support including which adults to speak to in school if they are worried about their health.
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.
The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn.
About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular check-ups at the dentist.
The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to