

PSHE Year 2 Spring 2- Healthy me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- sort foods into the correct food groups and know which foods my body needs to keep me healthy
- make some healthy snacks and explain why they are good for my body and give me energy
- recognise hazards in my home, including fire risks and hot things, and know how to reduce risks and keep myself safe
- recognise risks and know how to keep safe around roads, railways, and water, and can explain why safety rules help protect me
- understand how medicines work in my body and how important it is to use them safely
- explain how to keep my body healthy and safe at home and when I'm out

Social and emotional skills

I will:

- have a healthy relationship with food and know which foods I enjoy the most
- express how it feels to share healthy food with my friends
- recognise when I feel worried or unsafe and know to tell an adult straight away
- recognise some of the feelings I get when something feels unsafe and know some ways to manage these to make a safer choice
- feel positive about caring for my body and keeping it healthy
- make good choices that help me stay healthy and safe

Key vocabulary

Assess, balanced diet, barriers, body, choices, crossing, dangerous, energy, hazard, healthy, medicines, nutritious, portion, react, risk, risks, safe, scared, stop, drop, roll, unhealthy, unsafe, worry

Big Question:

What types of food does my body need to stay healthy?

The zones of regulation



By the end of this topic...

I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.

I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.

Mindmate Monday lesson

MindMate

Year 2 Spring 2 Strong emotions

Lesson focus: Comfortable and uncomfortable feelings I can talk about what makes me feel sad

Pupils should have the opportunity to ... understand how it feels to be sad or unhappy I know there are ways that I can help myself when I feel unhappy Skills I can express and share feeling of unhappiness I can complete the sentence 'I feel unhappy when ...' I can ask others what makes them unhappy and listen to the response