

Our School Values	
Love	We show love by valuing others and ourselves so that we can become healthy and fulfilled individuals with a sense of purpose.
Unity	We show unity by having an understanding of what it is to live in a democratic society and how to maintain healthy relationships.
Courage	We show courage by responding to challenges with confidence so that we are building resilience through hope and aspirations.
Inspiration	We show inspiration by being active citizens within our community through making informed decisions and contributing to the lives of others.



Year 2

Personal, Social, Health and Economic Education (PSHE)



Objectives:

I know what I need to keep my body healthy.
I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.
I understand how medicines work in my body and how important it is to use them safely.
I can sort food into the correct food groups and know which foods my body needs every day to keep me healthy.




Knowledge I already know

I understand the difference between being healthy and unhealthy and know some ways to keep myself healthy.
I know how to keep myself clean and healthy and understand how germs cause disease/illness.
I understand that medicines can help me if I feel poorly and I know how to use them safely.
I know how to keep safe when crossing the road and about people who can help me stay safe.

Knowledge I will learn

I know what I need to keep my body healthy.
I know how medicines work in my body and how important it is to use them safely.
I know what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.
I know how to sort foods into the correct food groups and know which foods my body needs to keep healthy.

Key Vocabulary

Word	Definition
Weak	Lacking strength of body, mind or spirit. 
Strong	Having great physical or mental power and ability.
Stressed	Stress is what you feel when you are worried or uncomfortable about something. This worry in your mind can make you feel bad. You may feel angry, frustrated or scared—which can give you a stomach ache or headache. 
Relaxed	To be calm and free from stress.
Safely	To act to reduce danger, harm or loss.
Energy	Is the ability to do work. It takes energy to cook food, drive to school and jump in the air. 

LL: I know what I need to keep my body healthy.	LL: I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.	LL: I understand how medicines work in my body and how important it is to use them safely.	LL: I can sort foods into the correct food groups and know which foods my body needs everyday to keep me healthy.	Safety lesson: Road safety—LL: I know that wearing bright, reflective clothing ensures that I can be seen.	Safety lesson: Body safety—LL: I know who my trusted adults are and understand why it is important not to
Sorting activity—healthy choices	Ordering photos (continuum) of relaxation. Match emotions to the pictures.	Write/draw ways they can be safe with medicines.	Create an eat well plate of food.	Experiments with reflective materials and spotting dangers.	Labelling group work activity and circle time.