

Y2 Summer 1 What can help us grow and stay healthy?

**Year 2 Summer 1**

What can help us grow and stay healthy?

**Theme :Health and Wellbeing**

Being healthy; eating, drinking, playing and sleeping

<b>PoS Core theme 1 Health and wellbeing</b>	<b>Core theme 2 Relationships</b>	<b>Core theme 3 Living in the wider world</b>
<p><b>Healthy Lifestyles – physical wellbeing</b>  <b>H1.</b> about what keeping healthy means; different ways to keep healthy  <b>H2.</b> about foods that support good health and the risks of eating too much sugar  <b>H3.</b> about how physical activity helps us to stay healthy; and ways to be physically active everyday  <b>H4.</b> about why sleep is important and different ways to rest and relax  <b>H8.</b> how to keep safe in the sun and protect skin from sun damage  <b>H9.</b> about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p>		
<p><b>Prior Learning:</b>                      EYFS                      Y1 Spring 1 What helps us to stay healthy</p>		
<p><b>End points :-</b></p> <ul style="list-style-type: none"> <li>•that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest</li> <li>•that eating and drinking too much sugar can affect their health, including dental health</li> <li>•how to be physically active and how much rest and sleep they should have everyday</li> <li>•that there are different ways to learn and play; how to know when to take a break from screen-time</li> <li>•how sunshine helps bodies to grow and how to keep safe and well in the sun</li> </ul>		

**Key vocabulary**

Sun protection  
 Decay  
 Mental and physical wellbeing  
 Impact  
 Excessive  
 Healthy diet  
 Calories and nutritional content  
 risk

**Relationship Education – graduated age appropriate programme links**

**Physical health and mental well being : Primary**

<b>Mental well being</b>
Pupils should know Mental wellbeing is a normal part of daily life same way as physical health
<b>Internet safety and harms</b>
Benefits of rationing time online, Risks of excessive time on electronic devices and impact of +ve and –ve content online on their own and other’s mental and physical well being
<b>Physical Health and fitness</b>
Pupils should know Characteristics and mental and physical benefits of an active life styles
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
Risk associated with inactive life style (including obesity)
<b>Healthy Eating</b>
Pupils should know What is a healthy diet – calories and other nutritional content
Principles of planning and preparing a healthy meal
Characteristics of a poor diet and associated risk with unhealthy eating– obesity, tooth decay, and other behaviours e.g. impact of alcohol on diet and health
<b>Health and prevention</b>
Safe and unsafe exposure to sun, how to reduce risk of sun damage, including skin cancer
Importance of enough sleep – lack of sleep affects ability to learn, weight and mood

<b>Citizenship</b>	<b>Character Education –</b>	<b>British values</b>	<b>Careers Curriculum</b>
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	<p><b>Penketh Powers</b> Resilience <b>Responsibility</b> Respectfulness Kindness: <b>Penketh School expectations</b> Listen, Do as asked Work well with others <b>Be the best you can be</b></p>	<p>Rule of Law Tolerance and respect Democracy Individual Liberty</p>	
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<b>Spiritual</b>	<b>Moral</b>	<b>Social</b>	<b>Cultural</b>
<p>ability to be reflective about their own beliefs (religious or otherwise) and perspective on life knowledge of, and respect for, different people’s faiths, feelings and values</p> <p>sense of enjoyment and fascination in learning about themselves, others and the world around them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p>ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England</p> <p>understanding of the consequences of their behaviour and actions</p> <p>interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p>use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds</p> <p>willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>	<p>understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others</p> <p>understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain</p> <p>ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain’s democratic parliamentary system and its role in shaping history and values, and continuing to develop</p>

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			<p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p> <p>interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.</p>
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**Sequence of lesson to follow**

Lesson Plans and resources DfE approved

Email: penketh.head@wpat.uk

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<https://pshe-association.org.uk/hcms/mem/login?hsLang=en>

[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

*PSHE Association power points, resources linked to topic – click on the purple links to download*

*NB: You will need to be logged in to the PSHE Association to access*

<p>Summer 1</p> <p>What can help us grow and stay healthy?</p>	<p><b>Health and wellbeing</b></p> <p>Being healthy: eating, drinking, playing and sleeping</p> <p>PoS refs: H1, H2, H3, H4, H8, H9</p>	<ul style="list-style-type: none"> <li>that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest</li> <li>that eating and drinking too much sugar can affect their health, including dental health</li> <li>how to be physically active and how much rest and sleep they should have everyday</li> <li>that there are different ways to learn and play; how to know when to take a break from screen-time</li> <li>how sunshine helps bodies to grow and how to keep safe and well in the sun</li> </ul>	<p><a href="#">PSHE Association - Health Education: food choices, physical activity &amp; balanced lifestyles</a></p> <p><a href="#">1 decision -Keeping/staying healthy (E)</a></p> <p><a href="#">PSHE Association - Dental Health</a></p> <p><a href="#">PSHE Association - The Sleep Factor</a></p> <p><a href="#">PSHE Association - Keeping safe: sun safety</a></p>
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