



Pinner Wood School



Year Group	2	Term	Spring 2	Subject	PSHE	Topic	Healthy Me
						Key Question/Outcome	Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
Prior Learning and other Curriculum Links	<p>EYFS - Exercising bodies, Physical activity, Healthy food, Sleep, Keeping Clean and Safety</p> <p>Year 1 - Keeping myself healthy, Healthier life choices, being safe, medicine safety/safety with household items, road safety and linking health and happiness.</p> <p>Year 2 - Spring 1 Science: How do we take care of ourselves?</p> <ul style="list-style-type: none"> - Washing hands - Eat well plate (food groups) - Investigation (exercise and pulse rate) 				Target Tracker statements (Skills)	<ul style="list-style-type: none"> • Desire to make healthy lifestyle choices • Identify when a feeling is weak and when a feeling is strong • Feel positive about caring for their bodies and keeping it healthy • Have a healthy relationship with food • Express how it feels to share healthy food with their friends 	
Fundamentals	<ul style="list-style-type: none"> • Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks and sharing food 				Key Facts/Sticky Knowledge	<ul style="list-style-type: none"> • Know what their body needs to stay healthy • Know what relaxed means • Know what makes them feel relaxed / stressed • Know how medicines work in their bodies • Know that it is important to use medicines safely • Know how to make some healthy snacks • Know why healthy snacks are good for their bodies • Know which foods given their bodies energy 	

Our Curriculum Journey	Journey: In this topic, children will begin by recapping the key things our bodies need in order to stay fit and healthy. Over the unit, children will learn why our bodies need to relax and practise methods like yoga, mindfulness colouring, reading and taking time for ourselves. Towards the end of the unit, children will recap the different food groups by looking at the Eat well plate, deciding on a healthy snack to make and share with their peers.		
Key Vocabulary (revisited)	<p>KQ1: Healthy, Unhealthy, Balanced, Exercise, Sleep</p> <p>KQ2: Choices</p> <p>KQ3: Clean, Body parts, Toiletry items, e.g. toothbrush, shampoo, soap Hygienic Safe</p> <p>KQ4: Medicines, Trust, Safe</p> <p>KQ5: Safety, Green Cross Code, Eyes, Ears, Look, Listen, Wait</p> <p>KQ6: Keeping clean, Healthy</p>	Key Vocabulary (new)	<p>KQ1: Healthy choices, Lifestyle, Motivation</p> <p>KQ2: Relax, Relaxation, Tense, Calm</p> <p>KQ3: Dangerous, Body</p> <p>KQ4: Balanced diet, Portion, Proportion</p> <p>KQ5: Energy, Fuel, Nutritious</p> <p>KQ6: ^ as above</p>