



Subject: PSHE

Year group: 2 Term: Summer

Title: Health and Wellbeing

What should I already know?

- How to be healthy and take care of themselves on a daily basis
- About basic hygiene routines
- About healthy and unhealthy food and how physical activity can keep you healthy
- About different types of play
- How to keep safe in the sun
- To understand and manage their feelings
- To know who to ask for help if something goes wrong
- How they are the same and different to others
- About rules and how rules can keep us safe
- Why some things have age restrictions

**Facts I will learn**

- How to look after their physical and mental health through routines and habits
- The importance of sleep in a healthy lifestyle
- The importance of dental hygiene and visiting the dentist
- Ways to manage big feelings, including those associated with loss and bereavement
- About the human life cycle and how they grow from young to old
- To identify and name the external body parts including external genitalia
- How to recognise risk in everyday situations
- How to keep themselves safe in familiar and unfamiliar environments
- To identify potential unsafe situations and who is responsible for keeping them safe in these situations
- About medicines including vaccines
- How to respond to an accident or emergency, including how to dial 999 and what to say

Key questions

- How can we look after our physical and mental health and how can routines help?
- Why is sleep important to keeping ourselves healthy?
- Why is cleaning our teeth and visiting the dentist important?
- What feelings might be experienced during loss and bereavement?
- What does the human life cycle look like?
- What are the names of body parts that I can see, including external genitalia?
- What situations might be a risk?
- How can I keep myself safe in places I know well as well as places that are new to me?
- How can I identify if a situation might be unsafe and whose responsibility is it to keep me safe?
- What are vaccines and medicines and how do they help keep us healthy?
- What do I need to do if I see or am involved in an accident or emergency?



Key Skills..... This term children will learn the names of their external body parts, including genitalia and understand about how to keep themselves safe in different situations.	Experiences that school will provide: School will teach some of the lessons through drama so that children are given the chance to act out situations that may be a risk and discuss how they would deal with this.	<table><tr><th>Key vocab</th><th>Definition</th></tr><tr><td>Routine</td><td>Something that you do on a very regular basis</td></tr><tr><td>Hygiene</td><td>The ways in which we keep our bodies clean</td></tr><tr><td>Bereavement</td><td>The experience of losing someone close to us</td></tr><tr><td>Grief</td><td>The feeling we get when someone close to us dies</td></tr><tr><td>Genitalia</td><td>The medical name for our private parts</td></tr><tr><td>Environments</td><td>A place or area</td></tr><tr><td>Situation</td><td>An position we may find ourself in</td></tr><tr><td>Vaccine</td><td>A medicine that is usually injected into the body to stop us catching a disease that could make us very sick</td></tr></table>		Key vocab	Definition	Routine	Something that you do on a very regular basis	Hygiene	The ways in which we keep our bodies clean	Bereavement	The experience of losing someone close to us	Grief	The feeling we get when someone close to us dies	Genitalia	The medical name for our private parts	Environments	A place or area	Situation	An position we may find ourself in	Vaccine	A medicine that is usually injected into the body to stop us catching a disease that could make us very sick
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