

Knowledge Organiser

PSHRE Year 2 Spring 2

What can help us grow and stay healthy?

Prior Learning:
What keeps my body healthy? (EYFS – Spring 2)
How can I keep safe? (EYFS – Summer 2)
What helps us to keep safe? (Year 1 – Autumn 2)
What helps us stay healthy? (Year 1 – Summer 1)

Key Vocabulary	Objectives	Key Knowledge
<p>physical activity sleep rest relax sun damage protection screen-time</p>	<p>Children will learn:</p> <ul style="list-style-type: none"> • about different ways to keep healthy. • about foods that support good health and the risks of eating too much sugar. • about how physical activity helps us to stay healthy; and ways to be physically active every day. • about why sleep is important and different ways to rest and relax. • how to keep safe in the sun and protect skin from sun damage. • about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. <p>PoS refs: H1, H2, H3, H4, H8, H9</p>	<p>Know that different things help their body to be healthy.</p> <p>Know that eating and drinking too much sugar can affect their health, including dental health.</p> <p>Know how to be physically active and how much rest and sleep they should have every day.</p> <p>Know that the sunshine helps bodies to grow and how to keep safe and well in the sun.</p> <p>Know that there are different ways to learn and play and understand how to know when to take a break from screen-time.</p>