



Year 2 – PSHE KCV – Healthy Me



Key skills to learn:

- *What I need to keep my body healthy and make healthy lifestyle choices.*
- *To show or tell when a feeling is weak or strong; understand and explain feeling stressed and relaxed.*
- *Understand how medicines work in my body and how important it is to use them safely.*
- *To sort foods into the correct food groups and know which foods my body needs every day to keep me healthy and give me energy.*
- *Make healthy snacks and explain why they are good for my body.*

SMSC Links:

Social – Aware of the effects a balanced diet can have on myself and others around me; enjoy sharing food with others and express how it feels.

Moral – Understanding and awareness of healthy lifestyle choices and apply to my own life; increasingly aware of my actions.

Spiritual – Become self-aware and manage my feelings appropriately in different situations.

Cultural – Understanding and respecting the importance of a healthy lifestyle.

Words to know and spell (Tier 2 Vocabulary)

Healthy	Unhealthy	Balanced
Exercise	Hygienic	Toiletries
Safe	Medicines	Trust
Fit	Calm	Body
Snack	Fuel	Diet

Words to understand and spell (Tier 3 Vocabulary)

Stressed	Experiencing mental or emotional strain or tension.
Relaxed	Feeling calm, free from tension and anxiety.
Lifestyle	The way in which a person lives.
Motivation	Reasons for acting/behaving in certain way. Enthusiasm for something.
Tense	Unable to relax due to nerves, anxiety or stimulation.
Nutritious	Efficient food, nourishing – full of health and nutrients.
Dangerous	Able or likely to cause harm, injury or problems.
Proportion	A part, share or number compared to the whole portion.
Portion	A part of a whole. Amount of food served suitable for a person.
Energy	Strength and vitality required for physical or mental activity.
Stressed	Experiencing mental or emotional strain or tension.
Relaxed	Feeling calm, free from tension and anxiety.

Concept check questions. Test yourself:

- Why is it important to keep healthy? What keeps us healthy?
- What do you look like and sound like when you are relaxed?
- How can you tell if others are calm or are not calm?
- Why should medicines only be used in the way that they are intended?
- Which foods do you need every day to keep you healthy?