

My Healthy Lifestyle (Y2)

What you have already learnt in Year 1:

- You will what personal hygiene is.
- You will know how to wash your hands properly, how often to wash your body and clean your teeth twice a day.
- You will understand what physical and mental health means and that all humans have it.
- You will know how to keep your body healthy through being active, healthy eating, getting enough rest, dental health, sun protection and looking after your emotional wellbeing.
- You can tell me what you like and dislike.
- You can talk about your emotions and recognise them in other people.
- You know what makes you happy.
- You understand what being resilient means and have strategies you can use.
- You know some of the reasons why change can feel uncomfortable and how to deal with these feelings.

Opportunities for teaching diversity, equality and expanding cultural capital

Opportunities to meet people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities to read stories about people of different backgrounds (ethnic, cultural, faith and physically).

Opportunities for children to extend their knowledge of healthy eating and compare the diet of people living in different parts of the world.

What you will have learnt by the end of Key Stage 1:

You have learnt about what it means to lead a healthy lifestyle. You know that to be healthy, you must eat correctly, exercise and rest as well as look after your mental health. You are able to wash your hands correctly and understand that this is important to stop the spread of germs and disease. You have learnt a range of strategies to manage your feelings and know who to speak to if you need help. You have also learnt about change and that even changes you want to happen can sometimes make us feel uncomfortable.

Skills and knowledge I may use from other subjects:

English:

- You will be able to sequence events and how items of information are related.
- You will become more familiar with stories to aid your understanding.
- You will practise speaking and listening.
- You will become more confident in joining in with classroom discussions and asking questions.
- You will be able to practise forming letters and writing sentences.
- You will be able to practise handwriting skills such as forming letters of the correct size relative to one another as well as correct spacing between letters and words.
- Writing stamina will improve.

Science:

- You will find out about and describe the basic needs of humans for survival.
- You will learn about why it is important for humans to exercise, eat the right amounts of different types of food and hygiene.

Art & Design:

- Use drawing and painting to develop and share your ideas, experiences and imagination

What you will have learnt by the end of this unit.

- You will know that a healthy lifestyle includes being physically active, resting, healthy eating, dental health, sun protection and emotional health.
- You will be able to give examples of what I do to keep myself healthy.
- You will be able to make simple choices to improve your physical and emotional health
- You will know how diseases are spread and how they can be controlled.
- You will be able to wash your hands properly.
- You will be able to recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations.
- You will have simple strategies to manage your feelings.
- You will understand what being resilient means to me and have strategies you can use.
- You will know that even changes we want to happen can sometimes feel uncomfortable but you have ways manage those feelings.

Key Skills

Personal Effectiveness

- Resilience (including self-motivation, perseverance and adaptability)
- Strategies for identifying and accessing appropriate help and support

Interpersonal and social effectiveness

- Using skills and attributes to build and maintain healthy relationships

Managing risk and decision making

- Assessing the validity and reliability of information
- Identify links between values and beliefs, decisions and actions
- Making decisions

Key Vocabulary

Active - always doing something; busy; full of energy

Choice - the act of picking or choosing

Consequence - something that follows as a result of something else

Disease - a condition that causes harm to the health of a person, animal or plant; illness; sickness

Emotions - a strong feeling such as joy, hatred, sorrow or fear

Healthy eating - the things you should eat to maintain a balanced diet

Mental health - the condition of someone's mind and emotions

Personal hygiene - the practice of keeping clean to stay healthy and prevent disease

Physical health - describes the condition of your body and includes whether you have an illness or injury

Resilient - being able to withstand and recover quickly from difficulty

Sun protection - the act of keeping safe from the sun

Overview

We are learning about ourselves ('Me') and how we can stay healthy.

There are many ways to stay healthy such as:

- Exercising
- Eating healthily
- Having a happy attitude

We will be learning about:

- Which foods keep us healthy and why it is important to eat them
- What personal hygiene is and why it is important
- Our feelings (e.g. happy, sad, excited, disappointed and angry)
- People that can help us to feel better.
- Ways that we can help ourselves to feel better.



Personal Hygiene

Personal hygiene is made up of different things you do each day such as brushing your teeth, bathing and washing your hands.



Brushing your Teeth

It is important to brush your teeth twice each day; once in the morning, and once just before you go to bed at night.

We can visit the dentist who will check our teeth to make sure that they are clean and healthy.

Washing our hands

Washing our hands helps us to stop the spread of germs that can make us poorly. It is important to wash our hands properly. Try following the steps below while singing the song next time you wash your hands!



This is the way we wash our hands, was our hands, wash our hands; this is the way we wash our hands, to make sure they are clean!

Diseases are spread in lots of different ways such as through coughing or sneezing. It is important to cough and sneeze into a tissue, put it into the bin and then always wash our hands afterwards.

Bathing

Having a bath or a shower each day helps us to:

- Get rid of germs
- Help us to smell fresh
- Help us to feel good in ourselves



It can also be a lot of fun too!

Healthy Diet and Exercise

Diet

We should eat lots of fresh fruits and vegetables.

We should only eat foods that are high in sugar now and again (such as chocolate and sweets).

We should drink lots of water to help keep our bodies hydrated.

We can stay active by walking, dancing, skipping and running.



Rest

Children my age should sleep for around 10-13 hours each night. This helps us to be more alert during the day and we will be able to concentrate more on our learning.

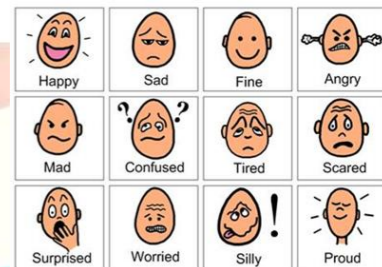
Exercise

We can exercise in many different ways such as skipping, walking, dancing, running and playing games. Exercise helps us to stay fit, as well as helping us to be happier. We should exercise for at least 30 minutes a day.

Sun Protection

Protecting ourselves in the sun is important because it can cause damage to our skin and bodies. Ways to protect ourselves are:

- Wearing sun cream
- Wearing a sun hat
- Staying in the shade.



Feelings and our Emotions

Thinking about Feelings

Our inner feelings are also known as our emotions. There are many different emotions that we can feel such as 'happy', 'scared' or 'confused'.

There are often different synonyms for emotions, sometimes with slightly different meanings, e.g. 'glad' or 'ecstatic'. We should use the most accurate words to describe our emotions.

Our emotions can often be seen through our facial expressions and our body language.

It is ok and natural to have any feeling. We can talk about our feelings to people that we trust such as parents/teachers (trusted adults) or our friends.

Affecting feelings

The way that we behave can affect the way that others feel. For example, if we are kind to someone, we can make them feel happy. We may even cheer them up if they were feeling sad!

We can also affect our own feelings by thinking about what is causing them. We can act on this information to help us to stay in control of our emotions!

For example, "I am feeling grumpy because I am tired. I need to have a nap!"



Recall and Remember!

1. What can we do to stay healthy? 2. What is personal hygiene and why is it important? 3. How are diseases spread? 4. How can we stop the spread of germs and disease? 5. How can we protect ourselves from the sun? 6. How can we tell how someone is feeling? 7. What can affect our feelings?