



Jerry Clay Academy
Subject Knowledge Organiser

Subject: PHSE Year Group: 2 Term: Spring 1

Core Learning of This Unit:

- Maintaining a healthy lifestyle.
- Physical, mental and emotional health.
- Rules including E-safety.

Prior Learning:

- Recognise that their behaviour can affect other people.
- Recognise what is fair and unfair, kind and unkind, right and wrong.
- To recognise and learn words to describe a range of feelings and emotions.
- Learn about personal hygiene and germs including bacteria, viruses, how they spread including the importance of handwashing.
- Learn about people who look after them and their family networks.

National Curriculum Statements:

- Learn rules for being physically and emotionally safe including e-safety.
- What constitutes and how to maintain a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health.
- What positively and negatively affects their physical, mental and emotional health.

Key Vocabulary:

- **Lifestyle** – The way in which a person lives.
- **Active** – a movement or action (physically or mentally).
- **Health** – The state of being free from illness or injury.
- **Diet** – The kinds of foods that a person usually eats.
- **Balance** – of equal weight or force.
- **Cyber** – involving, using or relating to computers, especially the internet.
- **Friendship** – the state and emotions of friends.

Significant People

-