



Jerry Clay Academy
Subject Unit Overview
Subject: PHSE Year Group: 2 Term: Spring 1

Core Learning of This Unit: Keeping / Staying Healthy

- Maintaining a healthy lifestyle.
- Types of healthy food and brushing teeth.
- Physical, mental and emotional health including self-respect.
- Rules including E-safety.

1decision links: Healthy eating and brushing teeth Y2. Image sharing and computer safety documentary Y2. Practice makes perfect and helping someone in need.

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.

*Map to statements

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.
- **Energy**
- **Repair**
- **Vitamins**
- **Decay**
- **Courteous**
- **Thoughtful**

Significant People

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