



Topic:	Year group	Term
	2	

Background knowledge

Children already understand that their bodies need food, water, rest, and cleanliness to stay healthy. They know simple hygiene routines and recognise that different parts of the body have different jobs. They are beginning to notice how their bodies feel when they are tired, active or unwell, giving them a foundation for learning how to look after themselves more independently.

What should I already know?

By Year 2, children will already have begun to understand the basics of keeping themselves healthy and safe. From earlier units, they are likely to know that their bodies change as they grow and that they need food, water, sleep, and exercise to stay well. They will have explored simple hygiene routines such as handwashing and toothbrushing, and they may recognise that different feelings can affect their bodies. They should also have some awareness of how to stay safe in everyday situations and know that trusted adults help them when they need support. This foundation prepares them to build a deeper understanding of how to look after their bodies and make healthy choices.

Statutory objectives / Key Skills	The Journey
1. To describe how being active makes me feel. 2. To explain why sleep is important and how a bedtime routine can help. 3. To recognise and explain that fruits and vegetables help keep our bodies healthy. 4. To explain how healthy food and drink choices help the body and mind. 5. To identify ways to keep my teeth clean and healthy. 6. To use what I know about looking after my body to create a healthy daily routine.	1. How does moving my body make me feel? 2. Why is sleep important? 3. What foods can help me stay healthy? 4. How can I make some healthy food and drink choices? 5. What can I do to keep my teeth clean and healthy? 6. How can I make healthy choices every day?

Differentiation - see Kapow lesson plan.

Outcomes

Pupils who are **secure** will be able to:

- Name a variety of ways that they can move their bodies and describe how moving their body makes them feel healthy, strong and happy.

- Identify some things that help them have a good night's sleep.
- Explain why sleep is important and describe how they feel depending on how well they have slept.
- Name and describe a range of fruits and vegetables.
- Sort foods into simple groups and explain that fruits and vegetables are a healthy choice.
- Identify which foods and drinks should be enjoyed often and which should be enjoyed only sometimes.
- Explain in simple terms why water and healthy foods help the body.
- Explain why teeth should be brushed twice a day and demonstrate correct brushing technique.
- Create a visual timetable that includes a variety of healthy habits from across the unit and explain how these habits help to keep the body and mind healthy

Key Vocabulary

active
dentist
exercise
five-a-day
healthy
healthy habits

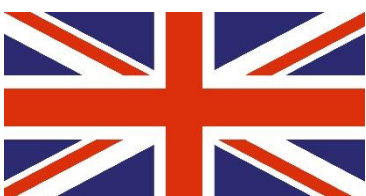
Cross-curriculum links

Maths: Measurement.

Science: Animals, including humans.

Question of the week:

British Values



Mutual respect.