

Being Healthy : PSHE : Healthy Lifestyles : Year 2

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To understand how we can stay healthy.	In this lesson, children learn what we can do to stay healthy including taking regular exercise, getting enough sleep, eating a balanced diet and drinking enough water. Children consider the benefits to both the body and mind of leading a healthy lifestyle. You can either choose for your class to make posters informing others how to stay healthy or, alternatively, children could go on a scavenger hunt around the playground, deciding whether pictured activities are healthy or unhealthy. Finish the lesson with a fun matching game!	<ul style="list-style-type: none"> Can the children explain what being healthy means? Can the children explain some of the things people can do to stay healthy? Can the children differentiate between healthy and unhealthy activities? 	<ul style="list-style-type: none"> Slides Tambourine (or bells) Poster Sheet 1A/B/C Information Cards Information Sheet Picture Cards (FSD? activity only) Scavenger Hunt Sheet (FSD? activity only) Matching game cards and instructions
Lesson 2	To understand the difference between healthy and unhealthy activities.	In this lesson, children recap on what we can do to stay healthy. Then, they will look at the day in the life of someone with an unhealthy lifestyle. Using their understanding of how to stay healthy, children will suggest how this person could change aspects of their life to be more healthy. At the end of the lesson, children will reflect on the healthiness of their own lifestyle and identify changes they could make to become more healthy.	<ul style="list-style-type: none"> Can the children differentiate between healthy and unhealthy activities? Can the children recall what things we can do to stay healthy? Can children suggest how to make more healthy choices? 	<ul style="list-style-type: none"> Slides Unhealthy Lifestyle Diary Worksheet 2A/B/C Game Cards (FSD? activity only)
Lesson 3	To understand how to keep teeth healthy.	In this lesson, children will learn why it is important to keep their teeth healthy. They will watch a video to help them understand how to do this and will learn the correct way to brush their teeth. Children will then either compose a song which teaches others how to keep their teeth healthy or they will help the tooth fairy on her journey in a fun (but educational) board game! A true or false quiz is used to check children's learning at the end of the lesson.	<ul style="list-style-type: none"> Can the children explain why it is important to keep our teeth healthy? Can the children identify ways we can keep our teeth healthy? Can the children describe how to brush their teeth correctly? 	<ul style="list-style-type: none"> Slides Beanbag (optional) Model of teeth and toothbrush (optional) Song Sheet 3A/B/C Fact Cards Board Game Sheet (FSD? activity only) Question Cards (FSD? activity only) Board Game Instructions (FSD? activity only) Counter Sheet (FSD? activity only)
Lesson 4	To understand how medicines can help people to stay healthy.	In this lesson on medicines, children explore why medicines are needed to help us stay healthy. They also learn how medicines should be stored and why it is important to use them correctly. They will either create informative leaflets about medicines to put in a doctor's waiting room or alternatively will create a medicine bottle for a class display which has a useful tip on using or storing medicines safely. At the end of the lesson, children will learn how to prevent sunburn.	<ul style="list-style-type: none"> Can the children explain why people take medicines sometimes? Can the children explain how to store and use medicines safely? Can children explain how to stay safe in the sun? 	<ul style="list-style-type: none"> Slides Leaflet Sheet 4A/B/C Fact Cards Information Sheet Medicine Bottle Outline (FSD? activity only)
Lesson 5	To understand the benefits of exercise to the body.	Why is it important to exercise? That is the opening question to this lesson. Children will learn the various physical and mental benefits of exercise. Through a practical activity, children will learn about the effect of exercise on heart and breathing rate. They will either design posters to teach others about the importance of exercise or will use drama to show how simple changes can make us more active in our everyday lives.	<ul style="list-style-type: none"> Can the children explain why exercise is important to the body? Can the children suggest how we can include more physical activity within our everyday lives? Can the children explain what happens to breathing rate and heart rate after we exercise? 	<ul style="list-style-type: none"> Slides Hula hoop (not included) Poster Sheet 5A/B/C Drama Cards (FSD? activity only) Calming music (Optional and not included - FSD? activity only)

Being Healthy : PSHE : Healthy Lifestyles : Year 2



End of Primary Phase Objectives:

Health Education - Mental wellbeing

- that mental wellbeing is a normal part of daily life, in the same way as physical health
- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).

Health Education - Internet safety and harms

- about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.

Health Education - Physical health and fitness

- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.
- the risks associated with an inactive lifestyle (including obesity).
- how and when to seek support including which adults to speak to in school if they are worried about their health.

Health Education - Healthy eating

- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Health Education - Health and prevention

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.

Vocabulary

physical, mental, wellbeing, health, healthy, unhealthy, habits, routines, strong, strength, relaxation, technique, self-care, bodily care, rest, sleep, hobbies, screen time, interests, learn, play, break, exercise, active, inactive, learn, play, relationships, friendships, family, diet, nutritious, obesity, tooth decay, hygiene, oral hygiene, germs, routine, medicine, vaccination, sun exposure, regulation, support, trusted adults

Teacher notes