




South Gosforth First School  
PSHE –Year Two Summer 1 Overview



What can help us grow and stay healthy?



<u>Health and Wellbeing</u>	Being healthy; Eating, drinking, playing and sleeping		
In this unit pupils learn:	<ul style="list-style-type: none"> <li>• that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest</li> <li>• that eating and drinking too much sugar can affect their health, including dental health</li> <li>• how to be physically active and how much rest and sleep they should have everyday</li> <li>• that there are different ways to learn and play; how to know when to take a break from screen-time</li> <li>• how sunshine helps bodies to grow and how to keep safe and well in the sun</li> </ul>		
PSHE Association Programme of Study references:	H1: about what keeping healthy means; different ways to keep healthy H2: about foods that support good health and the risks of eating too much sugar H3: about how physical activity helps us to stay healthy; and ways to be physically active everyday H4: about why sleep is important and different ways to rest and relax H8: how to keep safe in the sun and protect skin from sun damage H9: about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV		
Key vocabulary:	healthy, active; exercise; obesity; oral hygiene; screen-time; protection; sun damage		
No Outsiders Text:	 <p>'All Are Welcome' by Alexandra Penfold</p>	Learning Intention: To know I belong	Success Criteria: I know who I am I know there are special things about me I know I am different I know I belong