

PSHE Knowledge Organiser

Year: 2 Term: 4

Focus - Healthy Me

National Curriculum Objectives

- Know what their body needs to stay healthy
- Know what relaxed means
- Know what makes them feel relaxed / stressed
- Know how medicines work in their bodies
- Know that it is important to use medicines safely
- Know how to make some healthy snacks
- Know why healthy snacks are good for their bodies
- Know which foods give their bodies energy



Key vocabulary

Word	Meaning
Relaxed	Be looser/less tense.
Medicines	Treatment or prevention of disease.
Healthy snacks	A small amount of food that is good for you , to be eaten between meals.
Motivate	A reason for doing something.

Sticky Knowledge:

To grow into a healthy adult, we must eat the right amount of the right types of foods, exercise regularly and maintain good hygiene.

Brush your teeth twice a day for 2 minutes.

When we touch things, we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.

Sometimes we need medicine to combat germs or viruses and get better.

We are vaccinated to avoid getting diseases.