



# Knowledge Organiser: PHSE Year 2 - Spring 2 – V4 2023



## Children will know:

### Healthy Me

- What their body needs to stay healthy
- What relaxed means and what makes them relaxed/stressed
- How medicines work in their body and how to use them safely
- How to make some healthy snacks and why they are good for their bodies
- Which foods give their bodies energy

**Prior Learning Links:** (The Jigsaw curriculum embeds prior knowledge from previous years and focuses on developing the children's learning of previously introduced concepts and topics)

#### EYFS – Nursery F1

- How to make a healthy choice. How to eat a healthy balanced diet. How to be physically active. How to keep themselves and others safe. Know how to be a good friend and enjoy healthy relationships. Know how to keep calm and deal with difficult situations.

#### EYFS – Reception F2

- How to make a healthy choice. How to eat a healthy balanced diet. How to be physically active. How to keep themselves and others safe. Know how to be a good friend and enjoy healthy relationships. Know how to keep calm and deal with difficult situations.

## Prior Year 1 Learning Links:

**Year 2 – Healthy Me** – Healthy & Unhealthy, Lifestyle Choices, Germs, Medicines, Road safety

## Key Facts/Information:

- Children talk about healthy food, having a healthy relationship with food and making healthy choices.
- They talk about things that make them feel relaxed/stressed.
- Children talk about medicines, how they work and how to use them safely.
- Children have a go at making healthy snacks and discuss why they are good for their bodies.

## Key Vocabulary:

- |                   |             |                 |
|-------------------|-------------|-----------------|
| • Healthy choices | • Calm      | • Body          |
| • Lifestyle       | • Healthy   | • Balanced diet |
| • Motivation      | • Unhealthy | • Portion       |
| • Relax           | • Dangerous | • Proportion    |
| • Relaxation      | • Medicines | • Energy        |
| • Tense           | • Safe      | • Nutritious    |

## Reading Recommendations