

PSHE	Health Education	Year 2	Spring 2
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## Key Knowledge

Hazards, risk and danger

- There are situations that could be potentially dangerous to a person.
- We need to judge the risk of something causing us harm before we do anything.
- There are also substances that can be a hazard to people.
- We can tell which substances are dangerous by looking at their symbols:



- There are ways to keep ourselves as safe as possible for example, keeping hazardous substances locked away or in a cupboard up high.

Looking after ourselves

- There are many different ways that we can look after ourselves.
- We can talk about our feelings, eat a balanced diet, drink plenty of water, exercise, look after personal hygiene and have plenty of rest.

The importance of exercise and activity

- Exercise is very important.
- It strengthens our lungs, heart, muscles and bones.
- It also helps your brain.
- We should try and be active for 60 minutes each day if possible.

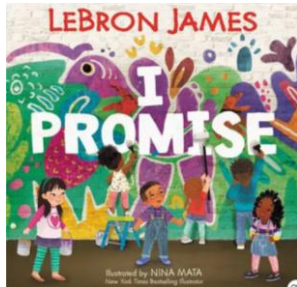
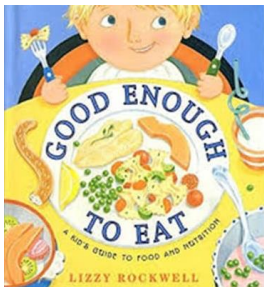
## Statutory requirements

Pupils should know:

- the characteristics and mental and physical benefits of an active lifestyle
- what constitutes a healthy diet
- the facts about harmful substances and associated risks
- the importance of sufficient good quality sleep for good health
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

## Key vocabulary

Spelling	Definition
Health	A state of being physically, mentally and socially well
Risk	A chance of getting hurt or losing something
Hazard	Something that could be dangerous
Substance	What something is made of
Self-care	The everyday life skills needed to stay socially, mentally and physically healthy
Personal Hygiene	What you do to keep yourself clean and to reduce the risk of infections or disease
Inactivity	Not being active
Nutrition	giving your body the food it needs for it to grow and be healthy
Balanced diet	eating a wide variety of nutritious foods from all the different food groups



## Books

Lizzy Rockwell	Good enough to eat
LeBron James	I promise