

PSHE	Health Education	Year 2	Spring 2
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## Key Knowledge

Personal hygiene	<ul style="list-style-type: none"> <li>Personal hygiene is an important way to stop the spread of diseases and infections.</li> <li>It is important to wash our bodies daily, brush our teeth twice a day, wash our hands regularly – especially after using the toilet, before eating and after sneezing or coughing into them and sneeze into a tissue if possible.</li> </ul>
Physical differences	<ul style="list-style-type: none"> <li>We have many physical difference between us and our friends.</li> <li>There are also physical differences between boys and girls.</li> <li>In some creatures such as lions, peacocks and cows, the differences between males and females are clear to see.</li> <li>In others, such as cats, fish and humans, the differences aren't as obvious. It is only the 'private parts' that are different.</li> <li>It is important that we understand the PANTS rules related to our private parts.</li> <li>These differences shouldn't stop children from playing with certain toys, wearing certain clothes or playing certain sports.</li> </ul>

## Statutory requirements

Pupils should know:

- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.

## Key vocabulary

Spelling	Definition
Hygiene	What you do to keep yourself and your environment clean and to prevent infections or disease
Difference	Having characteristics that are not the same
Similarity	Having characteristics in common
Physical	Related to the body
Stereotype	An idea or belief many people have about a thing or group
Private	Something kept or planned to be kept to themselves
PANTS rules	<ul style="list-style-type: none"> <li>- Privates are private</li> <li>- Always remember your body belongs to you</li> <li>- No means no</li> <li>- Talk about secrets that upset you</li> <li>- Speak up, someone can help</li> </ul>

## Book recommendations

David Roberts	Dirty Bertie
Babette Cole	Princess Smartypants
Jessica Love	Julian is a Mermaid
Rebecca Gerlings	Pantosaurus and the power of pants

