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| **Knowledge Organiser – Year 2 – PSHE/RSE**  |
| **– Health and Wellbeing – What can help us grow and stay healthy?** – Being healthy: eating, drinking, playing and sleeping |
| **What do I already know?** |  |
| * I can name some ways to stay healthy
* I know it is important to exercise
* I know I need to clean my teeth every day
* I know I need a good night’s sleep to get the rest I need
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| **What should I be able to do at the end of the topic?** |
| * That different things help my body to be healthy, including food and drink, physical activity, sleep and rest
* That eating and drinking too much sugar can affect my health, including dental health
* How to be physically active and how much rest and sleep I should have everyday
* That there are different ways to learn and play; how to know when to take a break from screen-time
* How sunshine helps bodies to grow and how to keep safe and well in the sun
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| **Key Vocabulary**  |