|  |  |
| --- | --- |
| **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 |
|  |
| **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 |
| **Key Vocabulary** | |