

Physical health and wellbeing

Summer 2



Year 2

What keeps me healthy?

Lesson Outlines

Discussion Questions

What are healthy foods?

Why is it important to get sleep as well as being active?

What do we need to help keep us clean?

Reading Materials

- *Oh the things you can do that are good for you, Tish Rabe*
- *Nora, the girl who ate and ate, Andrew Weale*
 - *Flabby cat and slobby dog, Jeanne Willis*
 - *Six dinner Sid Inga Moore*
 - *Burger boy, Alan Durant*
- *Germs are not for sharing, Elizabeth Verdick*
- *I will not ever never eat a tomato, Lauren Childs*

LESSON ONE

Pupils learn about eating well

Pupils • know what a healthy diet looks like • can identify who helps them make choices about the food they eat • know the benefits of a healthy diet (including oral health)

LESSON TWO

Pupils learn about the importance of physical activity, sleep and rest

Pupils • can describe some ways of being physically active throughout the day • explain why it is important to rest and get enough sleep, as well as be active • understand that an hour a day of physical activity is important for good health

LESSON THREE

Pupils learn about people who help us to stay healthy and well and about basic hygiene routines

Pupils • know about the roles of people who help them to stay healthy (including giving vaccinations) • can describe everyday routines to help take care of their bodies, including oral health • understand how basic hygiene routines can stop the spread of disease