

Year 2 Healthy Me

Spring 1



 How do I keep myself healthy?

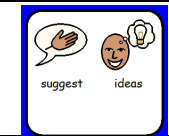
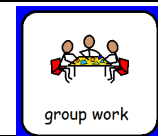
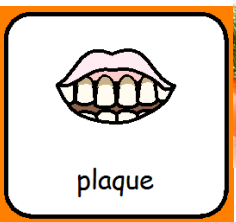
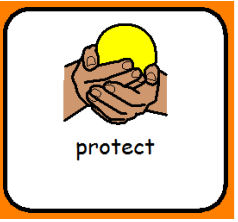
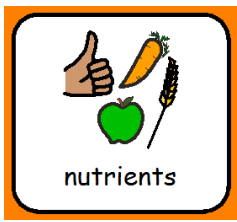
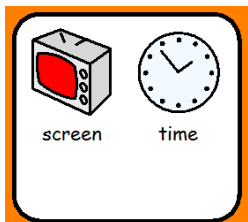
Why healthy means happier?





Key Vocabulary	Definition
screen time	Time spent doing activities in front of a screen.
protect	To keep saved from harm.
nutrients	Substances needed for healthy growth, development and functioning.
endorphins	Natural chemicals produced in the body to boost happiness.
plaque	It is a sticky layer made out of germs that cause tooth decay.

Key Outcomes
I know that I need different things in order to stay healthy .
I understand why exercise , rest and spending time outdoors are important for my body .
I know why we should limit screen time .
I know how to stay safe in the sun .
I understand the risks of too much sugar to my body.
I know why it is important to keep dental hygiene .



Key Skills
I can actively listen and respond to others.
I can be an effective member in a small group task.
I know suggest different ideas and possibilities.
I can build on other ideas.

Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well