**Year 2 Summer 1 What helps us grow and stay healthy?**

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**Previous Learning:**

**Year 1 Health and Wellbeing**

**What helps us stay healthy**

* what being healthy means and who helps help them to stay
* healthy (e.g. parent, dentist, doctor)
* that things people put into or onto their bodies can affect how
* they feel
* how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy
* why hygiene is important and how simple hygiene routines can stop germs from being passed on
* what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing

**Key Knowledge for unit**

**Children will learn:**

* that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest
* that eating and drinking too much sugar can affect their health,

including dental health

* how to be physically active and how much rest and sleep they

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

**Vocabulary**

* Being Healthy
* Eating
* Drinking
* Playing Sleeping