

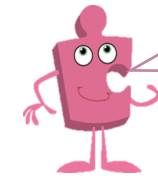


Welton Primary School – PSHE Knowledge Organiser

Year: 2

Spring 2

Healthy Me



Hello, My name is Jigsaw Jo.

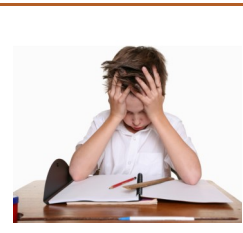
PSHE Puzzle Piece Vocabulary

Balanced	Equal amounts.
Body	The physical structure of a person.
Calm	Not being nervous, excited or angry.
Dangerous	Something that's not safe.
Energy	What our bodies need to be able to function.
Healthy	To be in a good physical state or good health.
Healthy Choices	To make a choice that's good for you.
Lifestyle	The way in which someone lives.
Medicines	Something to make us feel better.
Motivation	A reason for wanting to do something.
Nutritious	Food that provides energy in a good and balanced way.
Portion	A part of a whole
Proportion	To compare the size of a portion to the whole thing it comes from.
Relax	To become less tense
Relaxation	To be free from tension and anxiety.
Tense	Not being able to relax.
Unhealthy	Not showing good health



Motivation to keep Healthy

I know how to keep healthy and discuss what is healthy and unhealthy. I can say why this is important. I can explain times when I haven't felt like doing anything (motivation). I can say what makes and keeps me motivated and what doesn't. I can say what makes and keeps people healthy. I can say and give examples of how to stay motivated



Feeling Stressed and Relaxed

I know what I like to do when I am relaxed and I can explain what makes me relaxed. I can compare this to when I feel uneasy (stressed). I can say when I think someone is stressed or relaxed by what actions they take. I can rank pictures /facial expressions and explain how I did this.



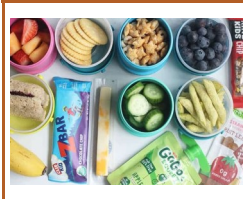
Medicines

I know that there are different medicines and what they might be used for. I can explain that medicines are used for different illnesses and have different uses. I can explain why medicines come in different forms. I know how to keep myself safe around medicines.



Food Groups

I can explain the different food groups (recap previous lesson). I can say what it is like to have lots of energy and no energy. I can explain how my body is like a car and how it needs certain things to keep going. I can draw which foods are nutritious and keep me going



Healthy Snacks

I can explain what makes a healthy snack. I can think of a healthy recipe that I can make on my own or as part of my class. I can say if I like something or not and give reasons why.

Questions to Support Learning

- Can you give me an example of a healthy / unhealthy choice?
- How do you feel when you make a healthy choice?
- Can you tell me something that is special about you?
- Can I tell you something I think is special about you?
- What can you do when you feel poorly?
- Can you talk about a time when you felt frightened?
- Who can you ask for help when you feel frightened?

