

## PSHE Year 2 (Spring 2) Owning your Choices

Prior Learning: In Year 1 children will have learnt about what makes us special. Respecting similarities and differences between people; special people; that everyone is unique and that everyone has similarities. We will also cover in this unit of our learning, how to look after money.

We will learn the knowledge and strategies to make positive choices that keep us healthy. Areas of learning include how to maintain a healthy balanced lifestyle through food choices and physical activity, as well as potential barriers people might face. Children will learn how to manage influences and pressure, and keep themselves healthy within our 'Owning your Choices' theme of our PSHE Education

This includes learning about how to be healthy. We will be able to recognize what we are good at; to be able to set simple goals; growing and being more independent; Strategies and practices that support us to keep our bodies and minds healthy (activity, rest/sleep, food); to understand different food groups. How to be able to practice effective dental care and to extend our learning further by looking at different ways to look after our money.

### 1. TWAL: Different strategies to keep our minds and bodies healthy. About people who help us stay healthy.

We will learn to be able to use different strategies to be able to support a healthy lifestyle. We will be able to identify activities which will help to keep our minds and bodies healthy and be able to recognise what our bodies/ minds may need, for example more sleep/rest and why it is important to act and not ignore signs that we are given.

**Ask the children to draw and label a picture of them looking and feeling healthy – share with each other during a class discussion**

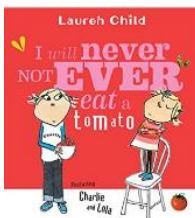
**– Assessment opportunity before and after lesson**

#### Recommended Resources

I will never, not never eat a tomato by Lauren Child

Summer Supper by Rubin Pfeffer

The Busy Body Book by Lizzie Rockwell



### 2. TWAL: To understand the importance of healthy eating and its benefits

We will be learning the importance of healthy eating and how it plays a huge role in our mental and physical health. We will think about how different activities and food groups make our bodies/minds feel – for example too many sugary treats – this can make us feel jittery before making us feel grouchy and sluggish – doing a fun activity can make us feel happy, energised and ready to learn- the children could keep a food diary at home and match it to feeling to experiment with these ideas – this could include the whole family.

- A balanced diet is a diet contains the right amounts of all the food groups: Fruit, vegetables, grains, dairy products, and protein. Eating wrong amounts of a food group, whether it be too much or too little, is called an "unhealthy diet" or an "imbalanced diet".



#### Recommended Websites for support

Healthy eating –an introduction for children 5-11 years old -

<https://www.youtube.com/watch?v=mMHVEFWNLMc>

<https://www.bda.uk.com/resource/healthy-eating-for-children.html>

### 3. TWAL: To understand and recognise effective dental hygiene

We will learn how to practice effective oral hygiene – why it is important to limit our sugar intake and the effect sugar can have on our teeth – why looking after our teeth is an important part of a healthy lifestyle. (Please see lesson plans – Dental Health foundation.org –Dental buddy) The role of dentists.



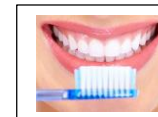
Sugar foods and drinks that contain sugar are not good for our teeth.

Plaque (soft, sticky stuff that forms on our teeth) contains lots of bugs. When we have foods or drinks that contain sugar, these bugs feed on the sugar and produce plaque acid. This acid can cause holes or cavities to form in our teeth.

This is called dental decay.

#### Recommended Websites for support

<https://www.dentalhealth.org/downloads-and-resources>



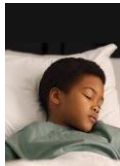
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### 4. TWAL: About the importance of sleep and different ways to rest and relax. About medicines that can help people stay healthy

We will be learning the importance of a good night sleep – we will look at different strategies to help us to identify our own sleep routines and patterns – we will discuss negative behaviours associated with poor sleep routines, the positive behaviours of a good sleep routine and will know who to talk to if we need support with getting enough sleep. We will be exploring the different types of rest we can experience such as active rest, relaxation and mental rest and the benefits these have on our physical and mental well-being. We will look at medicines that help us to stay safe and well, such as vaccinations and vitamins



Primary school aged children need 9-12 hours sleep every night to stay healthy.



### 5. TWAL: About how physical activity helps us to stay healthy and ways to be physically active every day.

We will be learning the importance of staying physically healthy, how we do this in school and at home. We will be looking at different types of exercises, how these affect our bodies and our minds.

Can we challenge ourselves as a class to take part in the golden mile every day and measure an outcome, perhaps our concentration levels, how do we feel after we have exercised? What could we do to make our exercise more interesting?

#### Recommended Resources

<https://www.youtube.com/watch?v=sQN8HWI6Svk>

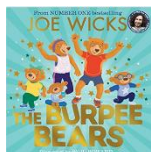
<https://healthpoweredkids.org/lessons/move-it-the-importance-of-daily-exercise/>

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwtv>

#### Recommended Reading

*The Burpee Bears by Joe Wickes*

*Every Bunny is a Yoga Bunny by Emily Davidson*



### Words we will know!

Healthy

Hygiene

Dental  
Care

Medicines

### 6. TWAL: That money needs to be looked after and the different ways of doing this.

We will Explore the story 'Those Shoes' by Maribeth Boelts. What messages are there in the book? We will discuss the difference between wants and needs and how people make different choices about how to spend or save money. We will sort wants and needs and discuss how sometimes we have to save up for things. We will think about how do we keep our money safe and decide which are safe ways to look after money and which are not. How would we feel if we lost money? We will look at scenarios and decide what the character should do (how to look after their money/ whether they should spend their money. )

