



Mossfield Primary School Knowledge Organiser



Year 2— **Health and Wellbeing**— This unit teaches children about physical and mental health. It includes food choices, physical activity, balanced lifestyles, drugs and alcohol education, first aid, sleep, dental health and more. It teaches them to keep healthy and safe while equipping them to help others.

Key Learning

To learn about some of the things that keep our body healthy and be able to explain the short and long term benefits of looking after their body.

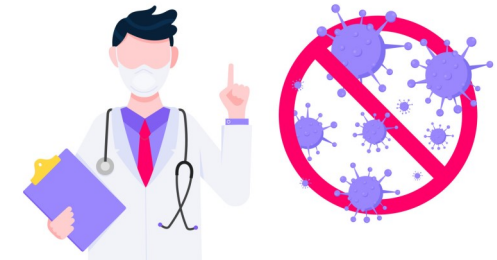


To re-cap basic personal hygiene routines and understand what can happen if they don't look after their personal hygiene.

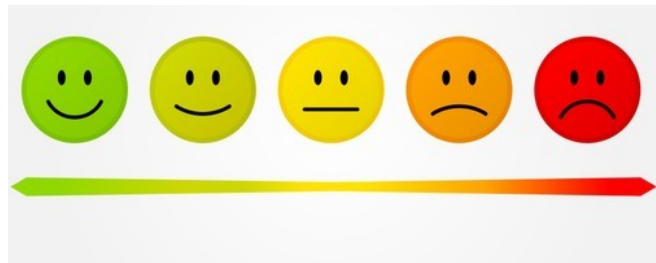
GOOD HYGIENE HABITS



To learn about what can happen if they do not take care of their own health, including how diseases can be spread. Identify how some diseases e.g flu can be controlled through vaccination.



To be able to identify changes that have happened to them since starting school. To discuss change and loss and how this can make us feel. Learn how to manage sad feelings.



To describe ways that they have changed emotionally and physically. Identify ways they are independent now from when they were younger.



Describe additional responsibilities that they have now compared to when they were younger. Identify new opportunities that increasing independence brings.



Key Vocabulary

Healthy	In a good physical or mental condition; in good health.
Unhealthy	Harmful to health, not showing or having good health.
Benefits	A good or helpful result or effect
Hygiene	Conditions or practices taken to maintain health and prevent disease, especially through cleanliness.
Disease	A change in a living body that prevents it from functioning normally.
Vaccination	A way to create immunity to (protection from) some diseases.
Emotionally	A mixture of different feelings. Relates to the mind as opposed to the body.
Physically	Something that relates to the body as opposed to the mind
Independent	Not having to depend on anyone or anything else.
Responsibilities	Being dependable, making good choices, and taking accountability for your actions.