

YEAR 2 UNIT 1: Health and Wellbeing (Autumn 1)

Purpose: To understand how to lead a safe and healthy life

Related Units:

Year 1 – Health and Wellbeing (Autumn) – What makes us special?

Year 3 – Health and Wellbeing (Autumn) – How do my goals and life choices keep me healthy?

Unit overview	Vocabulary	Knowledge, Skills and Concepts
National Curriculum guidance: - B2: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. - B3: that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded. - B4: that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. - B5: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.C2: practical steps they can take in a range of different contexts to improve or support respectful relationships. - C5: that in school and in wider society, they can expect to be treated with respect by others, and that in turn, they should show due respect to others, including those in positions of authority - C6: about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. - F7: isolation and loneliness can affect children, and that children need to discuss their feelings with an adult and seek support. - F8: that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. - F9: where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). - H4: how and when to seek support, including which adults to speak to in school if they are worried about their health.	- Achieve - Balance - Portion - Managing risks - Smoking - Conflict - Resolve - Hazardous substances - Keeping safe	Lessons 1-6, pupils are learning: - To set a goal - To identify healthy snack options - To be able to recognise and name the five groups from the Eatwell Guide - To understand the benefits of eating at least five portions of fruit and vegetables - To identify how to keep safe around hazardous substances - To understand the harmful effects of smoking

• I1: what constitutes a healthy diet (including understanding calories and other nutritional content). • I2: the principles of planning and preparing a range of healthy meals. • I3: the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). • J1: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. • K4: about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist • L1: how to make a clear and efficient call to emergency services if necessary.		
--	--	--

Related Books/Resources	Whole School/Community Links	Assessment Opportunities
• Oliver's Vegetables • Handa's Surprise • Very Hungry Caterpillar • Enemy Pie • My Rotten Red Headed Older Brother Updated Ealing PSHE SoW > Short Term Planning > Autumn > Year 2 • Suggested lesson slides • Suggested resources • Assessment opportunity resources Anti-Bullying Week (Lessons and Resources) http://www.anti-bullyingalliance.org.uk/	Collective Worship At the beginning of the unit, discuss what it means to set a goal and, through discussion, generate a brief list of whole-class goals to display in the classroom. Goals can be linked to school values/rules/dispositions or specific to the year group. LEPS Links • MindUp • Zones of regulation • Worry boxes • School Council • Collective worship External Links and Themed Weeks • Anti-Bullying Week (16/11 – 20/11/2020) • Student council elections • Visit parliament • Visit from local councillor • Health Fair • Visit a dentist/from a dentist • Visit from oral health promoter Parent, professional, and community visitors to be discussed with member of PSHE Intent Team and SLT.	<u>Self-Assessment</u> Pupils to complete self-assessment sheet at the beginning of Autumn Term and then at the end of Summer Term (in a different colour). Self-assessment sheets to be compiled by the class teacher and handed over to the next teacher as part of the transition. <u>Assessment Opportunities</u> 1. Explain why a healthy diet is important for our teeth 2. Name the five food groups 3. How do you know if an item is hazardous? 4. Name three reasons why smoking is harmful <u>Evidence Gathering</u> Compile evidence of learning, from the above assessment opportunities, in individual PSHE books.