

Intent

We believe that children need to be aware of both their mental wellbeing and their physical health, therefore we place utmost importance on educating children of all ages on how to maintain overall health. We begin with ideas of physical health at a very young age and enable children throughout the school to know what they need to do to keep their bodies healthy. We introduce ideas of mental wellbeing slightly later, in Key Stage 2, as we believe that this is the age where children are able to understand what mental wellbeing is, and how our actions and choices can impact upon it. As the children grow, our curriculum is designed to give children the knowledge of what will be happening to them and their bodies throughout the next stages of their lives. This knowledge should help them to process these changes as they occur and enables them to ask questions to help them through a time that can be confusing to a young mind. Covering all manners of ways to keep safe is vitally important in school, so children understand the purpose of rules and boundaries in all areas of their lives. The breadth of knowledge we aim to impart empowers children to make good choices that will keep them safe, whether they are outside exploring the world or within their homes.

Physical Health and Mental Wellbeing

In Year 2, we continue the progression of children's understanding of their own physical health by teaching them what can make them poorly, and what they need to do in order to counter this. We reiterate the importance of healthy living to help them understand how to take care of themselves.

Growing and Changing

We continue the discussions around our body and what it does for us in Year 2. This will help children to learn to respect their bodies and what they do for them, as a focus on what our bodies can do, rather than what they look like, can help children to develop a healthy body image as they grow older. We also introduce the idea of personal responsibility, so children start to become prepared for taking care of themselves one day.

Keeping Safe

At Year 2, children may be starting to look forward to a time where they can cross the street on their own, or walk ahead of their grown ups, and spend less time supervised in the home. Therefore, it is key that we teach children what to do in these circumstances. Children need to be aware of the dangers of the road, and how to cross it, as well as that they need to avoid large bodies of water, so they can be safe when in public. We also prepare them for the fact that sometimes emergencies happen, and teach them how to get help in that circumstance. Children need to be aware that rules are there for a reason, and that rules need to be obeyed whether there is a grown-up present or not, in order to stay safe. They also need to understand that medicine is necessary sometimes to make us better, so they are more likely to take it when told to.

	Physical health and mental wellbeing	Growing and changing	Keeping safe
Year 2	<p><u>Recap</u></p> <p>Exercise will help you to stay healthy.</p> <p>You need to eat a variety of fruit and vegetables every day.</p> <p>You need to brush your teeth twice a day.</p> <p><u>Crucial</u></p> <p>To grow into a healthy adult, we must eat the right amount of the right types of foods, exercise regularly and maintain good hygiene.</p> <p>Brushing properly removes plaque. Plaque can cause cavities, toothache, gum disease and even our teeth to fall out!</p> <p>When we touch things, we pick up germs, which we can then spread by rubbing our eyes, putting things into our mouths, etc.</p> <p>Washing our hands with clean, warm water and soap will kill off the germs and keep our hands clean.</p> <p>Sometimes we need medicine to combat</p>	<p><u>Recap</u></p> <p>People born as boys have a body part called a penis.</p> <p>People born as girls have a body part called a vagina.</p> <p><u>Crucial</u></p> <p>Children have lots of body parts that are the same, such as arms, back, cheeks, shoulders, wrists, lips, toes, neck, nostrils and hips.</p> <p>We all started life as a baby, then grew into toddlers.</p> <p>Our bodies change as we grow from babies into children, teenagers and adults.</p> <p>Getting older means becoming more responsible and doing things for yourself.</p> <p>Most of our body parts have special jobs to do.</p> <p><u>Extended</u></p>	<p><u>Recap</u></p> <p>A trusted adult is someone you have a good relationship, who you know cares about you.</p> <p>If you are in a situation you do not like, that feels unsafe or scary, you can go to a trusted adult to get help.</p> <p>If someone needs help in an emergency, you can dial 999 to get the police, the fire service or an ambulance.</p> <p>Do not go near medicine without a grown-up.</p> <p><u>Crucial</u></p> <p>We have to look both ways to cross the road safely.</p> <p>When you see deep water, you need to stay away from the edge so you don't fall in.</p> <p>When you are in school, at home, or going out, you can keep yourself safe by following rules and listening to your grown-ups.</p> <p>Medicine can be liquids, tablets or creams. These are given to us by a doctor or nurse, and</p>

	<p>germs or viruses and get better.</p> <p><u>Extended</u></p> <p>We can spread germs to others without realising because we can't see them.</p>		<p>they make people feel better.</p> <p>If there is an accident and someone is hurt, shout as loud as you can for help. If there are no grown-ups to help, you can ring 999.</p> <p><u>Extended</u></p> <p>If there is no grown-up around and you need to ring 999, tell them where you are, and what the problem is. They will stay on the phone with you to give you help until someone arrives.</p>
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