

# Selby Community Primary School Subject Knowledge Bank

PSHE		Year 2	
Focus: Health and wellbeing			
Age related vocabulary			
healthy lifestyle	Choices you make to help	finite resource	A resource that cannot be replaced faster than it is being used
physical health	The condition of the body	opportunities	A chance to do something
mental health	the condition of mind and emotions.	long term future	Thinking about what will happen in the future
essentials	Something that is needed	achievements	Something achieved through hard work, courage, or skill.



## Key Knowledge

- What do you need to do to stay healthy? Eat a balanced diet including protein, carbohydrate, fruit and vegetables. Exercise regularly. Drink plenty of water to stay hydrated. Ensure good personal hygiene
- How does our diet keep us healthy? Our food provides us with the energy which we need to survive. A healthy diet contains the right amount of different types of food: Foods like bread and pasta give us a lot of energy. Foods like meat and fish help our muscles to grow strong. Foods like milk and yoghurt help our bones grow strong. Foods like fruit and vegetables provide vitamins and minerals.
- What happens in your body when you are ill? Germs invade your cells and start making more of themselves which spread around the body. They release toxins. These can give you a fever or the symptoms of illness. Your body tries to defend itself by sending white blood cells to fight off the infection. Your body gets hotter and sometimes produces mucus.
- What happens to your body when you exercise and why is it good for you? Your heart begins pumping faster to get more oxygen to your muscles. Your body uses up more energy- it burns up the energy in food. Your lungs work harder to make sure more oxygen is brought into your body. The more exercise you do the stronger your heart becomes and the more efficient it is at pumping blood. Your lungs get bigger so are better at absorbing oxygen.
- Some medicines are good for you when you are feeling unwell. A parents, carer or doctors will give you the correct medicine. Too much medicine can make you poorly and you must only take medicine that has been prescribed to you or given to you by an adult. Never take medicine without an adult knowing.