



# St Andrew's C of E Maghull

## P.S.H.E Knowledge Organiser



### Year 2 – Summer 1 – Being My Best

#### Key Knowledge

- The learning line.
- All learning works this way as shown above.
- We should always congratulate people when they achieve something, no matter how big or small.
- It may take us several attempts to do something, but we need to persevere.
- Some choices can either be healthy or unhealthy and can make a difference to our health.
- Vaccinations help prevent certain illnesses.
- Handwashing is extremely important and we can sing Happy Birthday to help us wash our hands for long enough!
- People can choose to have vaccinations.
- I know various dental hygiene tips such as brushing twice a day for at least two minutes and avoid sugary foods between meals.
- The major internal body parts are the heart, lungs, blood, stomach, the small intestine, large intestine and the brain.

#### Vocabulary

Healthy – Making choices that result in a healthy body and mind.  
 Germs – tiny organisms that live inside our bodies and are usually unwelcome!  
 Hygiene – how to keep your body clean.  
 Disease – a condition that makes someone poorly.  
 Confidence – Feeling sure of yourself and that you can achieve.  
 Support – to give someone help.  
 Praise – when you tell someone how well they are doing.  
 Encourage – to inspire someone.  
 Consequence – something that might happen if you behave a certain way.  
 Promise – an agreement to do/ or not do something.

#### Lesson Sequence

##### Lesson 1

I can explain how the learning line works and identify my own strengths and weaknesses.

##### Lesson 2

I can recognise that everyone has different choices they can make and that these will be different for everyone.

##### Lesson 3

I can explain how germs spread and can be prevented and describe simple hygiene routines.

##### Lesson 4

I can explain the importance of good dental hygiene and describe simple dental hygiene routines.

##### Lesson 5

I can name major internal body parts.

##### Lesson 6

I can complete a children's First Aid Course.