



Year 2 PSHE Spring 1



- ◆ We will be learning about how exercise and rest are very important in a healthy life-style.
- ◆ As a class we will be thinking about our daily routines that help keep us healthy.

Vocabulary	Definition
Exercise	Taking part in physical activity.
Rest	When are body is inactive to become refreshed.
Sleep	The state of rest for body and mind.
Screen time	The amount of time that we use a screen.
Routine	The order that we do things.
Hygiene	To keep clean and stay healthy.
Hydrate	Drinking water to stay healthy.
Clean	To be free of dirt and germs.



- ◆ We will be looking closely at how we keep our teeth clean.
- ◆ What do you do everyday to keep yourself clean and hygienic?
- ◆ Do you know how germs are passed? How can we stop germs being passed on to someone else?
- ◆ We will also be learning about why regular exercise is good for us.

Wash Your Hands After...



Before we learn our unit: Circle the answers

1) How long should we wash our hands for?

30 seconds

20 seconds

60 seconds

2) What vitamin does the sun give us which helps us grow?

Vitamin A

Vitamin D

Vitamin C

3) If we do not put sun cream on we could get

sun burn

sun warmth

sun scar

After we learn our unit: Circle the answers

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