



# Waterbeach Community Primary School

## Curriculum Capture for Year 2 PSHE: Healthy Lifestyles

### Key Knowledge and Skills

#### Staying Healthy

There are many different ways to stay healthy. Some of these are:

- Exercising often
- Eating healthily
- Having a happy attitude
- Keeping good hygiene
- A good nights sleep



Eating well and exercising also prevents us from becoming ill!

#### Exercise and Physical Activity

Doing exercise often will help us all feel great and keep our bodies strong! Our hearts need to be kept active and pumping. Exercise also burns fat.

##### Good ways to stay active:

- Walking
- Running
- Dancing
- Playing games



#### Healthy Eating

A balanced diet consists of the 5 food groups:

- Fruit and vegetables>> apple, broccoli
- Carbohydrates>> bread, cereal, rice, pasta
- Fats and sugars>> butter, cake, chocolate
- Dairy produce>> milk, yoghurt, cheese
- Protein>> meat, fish, eggs, beans, lentils, quorn, soya



It is important to eat more portions from the fruit and vegetable group and less from the fats and oils group.

It is perfectly fine to eat a little bit of unhealthy food. However, eating too much unhealthy food can make us overweight and not feel good.

#### Choosing a Healthy Lifestyle

As we get older, we begin to make our own choices. Making choices is important because it is teaching us to be independent and helping us to do things for ourselves. As we grow up, we learn to make more and safer choices and our knowledge and understanding grows. Some of this understanding and these choices are about keeping healthy.



### Vocabulary

Active	Engaging or ready to engage in physically energetic pursuits.
Balanced Diet	A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.
Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness.
Healthy	In a good physical or mental condition; in good health.
Independent	Capable of thinking or acting for oneself.
Unhealthy	Harmful to health.



Exercising often



Eat healthily



Have a happy attitude



Keeping good hygiene



A good nights sleep