

# Being my best

PSHE

## Construction

To build something from parts

Key Vocabulary

Tier 1: friend, happy

Tier 2: healthy, oxygen, wellbeing

Tier 3: maintain, internal, organ

### Year Two



#### Prior Knowledge

Key stage 1 & EYFS: During KS1 and reception, we learnt about being my best.

Year 2: Staying clean and healthy, caring for our bodies.

Year 1: Caring for ourselves when we are ill.

EYFS: Sleep, healthy eating and exercise.

Where next? Future learning

Year 4: Being my best—making choices, where does energy come from?

Year 5: Being my best—getting fit, independence and responsibility.

Year 6: Being my best—basic first aid, risks, wellbeing.

#### My Component Knowledge:

Lesson 1: I can apply positive mindset strategies.

Lesson 2: I can understand healthy and unhealthy choices.

Lesson 3: I can understand the purpose of vaccinations.

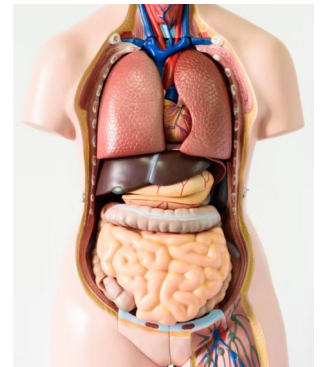
Lesson 4: I can understand some basic first aid.

#### My Composite Knowledge:

I can understand how to care for myself and others through healthy choices, first aid and hygiene practises.

#### My Powerful Knowledge:

I can become a well-rounded and balanced citizen. I can care for my body and others. I am able to apply what I have learnt and use the skills within my life.



How can I stay healthy?



How can I look after my body?