



PSHE/RSE CLASS 2 AUTUMN 2 – Being My Best - Cycle B

Substantive Knowledge – Y1 <ul style="list-style-type: none"> To know that eating five portions of fruit and vegetables a day helps to maintain health To know which foods we need to eat more of and which we need less of to stay healthy To know simple strategies for preventing the spread of diseases To know their behaviour (and that of others) can affect other people Y2 <ul style="list-style-type: none"> To know that some choices can either be healthy or unhealthy and can make a difference to their own health To know that the body gets energy from food, water and oxygen To know that exercise and sleep are important for health To know the name of major internal body parts 	Markers for Assessment for Substantive Knowledge Y1 <ul style="list-style-type: none"> To know which foods we need to eat more of and which we need less of to stay healthy To know simple strategies for preventing the spread of diseases Y2 <ul style="list-style-type: none"> To know that some choices can either be healthy or unhealthy and can make a difference to their own health To know the name of major internal body parts 	Below	Above
Disciplinary Knowledge Y1 <ul style="list-style-type: none"> To demonstrate attentive listening skills To give and receive positive feedback To use simple strategies for preventing the spread of disease Y2 <ul style="list-style-type: none"> Suggest and give words of encouragement to someone who is learning something new Explain things that they like or dislike and understand that they have choices about these things Describe simple dental hygiene rules Describe how food, water and air get into the body and blood 	Markers for Assessment for Disciplinary Knowledge Y1 <ul style="list-style-type: none"> To demonstrate attentive listening skills To give and receive positive feedback To use simple strategies for preventing the spread of diseases Y2 <ul style="list-style-type: none"> Explain things that they like or dislike and understand that they have choices about these things Describe how food, water and air get into the body and blood 		
Prior Substantive Knowledge Y1 <ul style="list-style-type: none"> To know some healthy foods and drinks To know our body needs sleep To know some ways of keeping our bodies fit and well To know some jobs of different foods Y2 <ul style="list-style-type: none"> To know that eating five portions of fruit and vegetables a day helps to maintain health To know which foods we need to eat more of and which we need less of to stay healthy To know simple strategies for preventing the spread of diseases To know their behaviour (and that of others) can affect other people 	Vocabulary Y1 disease, healthy, portion, positive Y2 heart, brain, lungs, stomach, liver, kidneys, oxygen, portion RSE Introduce the Scientific Names for body parts / genitals as appropriate and necessary		
Prior Disciplinary Knowledge Y1 <ul style="list-style-type: none"> To share an experience where they haven't achieved their goal To develop confidence towards having a growth mindset To describe what is happening to their body during exercise Y2 <ul style="list-style-type: none"> To demonstrate attentive listening skills To give and receive positive feedback To use simple strategies for preventing the spread of disease 	SCARF Units to be Covered - these are different from Cycle A <ul style="list-style-type: none"> I can eat a rainbow Eat Well Catch It! Bin It! Kill It! Harold learns to ride his bike Pass on the praise! Harold has a bad day 		
Questions (potential 'hook' questions for lessons) What is your favourite fruit or vegetable? What is inside our body? How can we keep ourselves healthy? What do we need to keep ourselves healthy?	Cross-Curricular/Enrichment Science – healthy foods, body parts Design and Technology – food English books – Oliver's Lunchbox, Oliver's Picnic		

