

### Useful Apps or Website

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwty>

Rodd's Bad Day - Sleep is Important

<https://www.bbc.co.uk/bitesize/clips/zqjqhyc>

Zen Den Be the Pond

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

NCPCP Pants resources

<https://www.youtube.com/watch?v=-IL07JOGU5o>

Fish Brendan Kearney

<https://www.youtube.com/watch?v=Oyi0vg5ygNM>

### Subject

RHE

Year 2

### Useful Books

Grow Strong, a book about healthy habits - Cheri J Meiners

My Magical Foods - Becky Cummings

I Will Never Not Ever Eat a Tomato – Lauren Child

The Pigeon Needs a Bath – Mo Willems

Will you be My Friend? – Sam McBratney

### Games/ Practical Activities

Keep a diary of what you eat. Are you eating foods from all of the food groups?

When out shopping, can they find foods which will help them make a balanced meal?

When exercising outdoors, can children explain to an adult what happens to their body? How did it make them feel?

Help sort the recycling at home. What material are these items made from?

### Key Vocabulary

#### Autumn

Values: Friendship, Honesty

Keeping Healthy

Balanced Diet

Food Groups: Fruits and vegetables, Carbohydrates, Proteins, Dairy, Fats and Oils, Sweets and Treats.

Exercise

Medicine Safety

Emotions

Mindfulness

#### Spring

Values: Responsibility, Respect

Online Safety

My Body Belongs to Me

Stranger

#### Summer

Values: Kindness, Courage

Reduce, Reuse, Recycle

Eco-friendly

Memories

Change