



Year 2 - Autumn 2 - RSE Knowledge Organiser

What I already know...

As part of the Year 1 curriculum, during their first term the children learnt about two RSE topics “ourselves, changing and growing” and “keeping safe”. Included in these topics, the children recognized what made them special, what they’re good at and what they like and dislike. They learnt how to keep safe at home and how to recognize risks in everyday situations and what action to take to minimise harm.

Making a difference at The Merton

Our fundamental aim during this topic is to ensure our children understand what it means to lead a healthy balanced lifestyle. That being “healthy” doesn’t just mean eating healthy food but encompasses a whole mixture of elements. From learning how to brush your teeth correctly to looking after your mental health by exercising or doing something you love. Children will have the opportunity to explore and understand how to achieve a healthy lifestyle.

Making a difference at home

- Make sure you’re following simple hygiene routines: brushing your teeth, washing your hands, brushing your hair, washing daily, washing clothes

Key Vocabulary

Healthy Lifestyle	This means eating a balanced diet, getting regular exercise and getting plenty of rest.
Diet	The food that we eat.
Emotions	The range of feelings that someone can have, such as happiness or anger.
Exercise	Movement of the body for our health and fitness.
Feelings	Emotions that a person can feel.
Growth Mindset	Believing that we can achieve things if we work hard. “I can’t do it YET!”
Physical Activity	Something that requires someone to move their body.
Relaxation	Doing calm activities such as having a bath or reading a book.



Healthy Lifestyles



What I will learn...

Healthy lifestyles (Physical wellbeing and hygiene)

- To understand why it is important to maintain healthy lifestyles and what is it.
- To know the signs of when you need to wash
- Make choices about a wider range of aspects of their health and well-being, and be more confident in their understanding about what keeps them healthy
- Explain ways of keeping clean, name the main parts of the body and describe some of the changes as people grow from young to old and the implications of this

Mental Health

- To have an awareness and understanding of mental health
- To understand that mental health can affect anyone