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| **Year 2 RHE Knowledge Organiser****Summer 1****Theme: Staying Healthy/Road Safety** |
| **Key Knowledge** | **Key Vocabulary** |
| **By the end of this unit pupils will…** Children will be able to name the 5 different food groups: carbohydrate, fats, fruit and vegetables, dairy and protein and give examples of food that fall in to each group.Children will be able to discuss the impact physical activity can have on their body and also explain the benefits of relaxation time.Healthy Eating | Peel Hall Primary School BlogThe children will be able to recognise dangers they may experience inside and outside the home including: medicines, electricity, fire, and water. They will also know that they must tell an adult or ring 999 in an emergency. | Staying Healthy

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| **Heart** | Organ that pumps blood through the body |
| **Energy** | The ability to do work |
| **Relaxation** | When your body and mind are free from stress |
| **Diet** | The things that you eat and drink |
| **Healthy** | Making choices that look after your body and mind. |

Safety

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| **Danger** | Being at risk of getting hurt |
| **Emergency** | A situation where help is needed straight away |
| **Help** | To give assistance or support |
| **adult** | Someone over 18 years of age. |

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| **Local Links / Exciting Books/Associated Trips** |
| Share the Green Cross Code as home and put it in to practise by taking a walk around your local area together. Practise using different types of crossingsSafer for Pedestrians | Step Up | Sussex Safer Roads Partnership |
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