



RSHE: Physical Health

Year 2: Spring 1

Key Vocabulary

dentist	A person who is trained to treat teeth, fill them, or take them out and fit false ones.
disease	An illness or sickness.
germs	A tiny living thing, especially ones that cause disease.
chemical	A substance made or used by chemistry.
medicine	Something used to try and cure illness, disease, or injuries.
railway	A system of transport using trains and train tracks.
emergency	A sudden dangerous event, that needs to be dealt with quickly.
police	The people whose job it is to catch criminals and make sure people obey the law.
fire brigade	A team of people whose job it is to put out fires or rescue people.

Website Links

<https://www.healthforkids.co.uk/staying-healthy/>

Concepts

Safety – the condition of being safe; freedom from danger, risk, or injury. This includes physical and emotional safety, as well as online safety.

Key Questions

- *How do we stop getting ill?
- *What makes us ill?
- *How do we stop germs getting spread around?
- *Why do we have to clean the rest of our bodies?
 - *Why do we brush our teeth?
 - *How can I stay safe?
- *What dangers do I have to look out for?
- *What do I do in an emergency?