



# PSHE KNOWLEDGE ORGANISER KS2



## PSHE topic in focus:

### Why should we keep active and sleep well?

## HEALTH AND WELLBEING



### How much exercise should I get?

You should aim to do **60 minutes** of moderate exercise every day. Moderate exercise means something that makes your body work a bit harder than normal.

### What are the benefits of staying physically active?

Regular exercise is good for both your mental and physical health.

When you exercise, your brain releases **dopamine**, a chemical that makes you feel good.



Exercising gives your heart a workout. It beats faster to supply oxygen to various parts of your body.

Regular exercise can also help to strengthen your muscles and bones.



### What does it mean to be physically active?

Being **physically active** simply means moving your body!



Walking



Cycling



Playing fetch



Skipping



Gardening



Playing sport

Going to a playground



Playing tag



**Exercise** is any movement which makes your body work a bit harder than it normally does, but even gentle activity is good for your health!

### What are the risks of an inactive lifestyle?

- You may find it difficult to maintain a healthy weight.
- Your mental health could suffer. You may feel tired, or sluggish, and have very little energy.
- Your bones could weaken and lose important minerals.
- You will likely lose some muscle strength.
- Your immune system may not work as well as it should.
- You may develop problems with your circulation (the way that blood moves around your body).

### Vocabulary:

**Physical activity:** Physical activity is any activity that involves moving your body.

**Well-being:** a combination of physical, mental, emotional and social health.

**Sleep routine:** activities before bed each night.

### HELP AND SUPPORT:

Adults who can help:

- Parents/guardians
- Teachers and school staff
- GP (doctor) or practice nurse

NHS Live Well Website:  
<https://www.nhs.uk/live-well/>



# PSHE KNOWLEDGE ORGANISER KS2



## PSHE topic in focus:

Why should we keep active and sleep well?

## HEALTH AND WELLBEING

### Healthy Habits



Going to bed at the same time every night. Sleep is very important to our health and well-being.



Washing hands regularly with soap and warm water.

Walking the dog every evening.



Getting regular exercise.



Reading for an hour before bedtime.



Playing an instrument such as a piano, guitar, or the drums.



Eating 5 portions of fruit or veg every day.



Brushing your teeth every morning and night.



Spend time outdoors.



Mindfulness techniques can help you to stay calm and relaxed.



Hobbies that don't involve a screen, such as drawing or painting.



### Unhealthy Habits



Watching a tablet or screen to relax in the evening.

Spending hours online or playing computer games.



Drinking fizzy drinks.

Vaping or smoking electronic cigarettes.



Smoking cigarettes or tobacco products.

Thumb sucking or biting nails.



Drinking caffeinated drinks such as tea, coffee or energy drinks.



An adult drinking more than the recommended weekly limit of alcohol.



Eating lots of junk food.

Leading an inactive lifestyle.



Gambling is an unhealthy habit that can be very difficult to stop.

### How to Develop a Healthy Sleep Routine



#### HELP AND SUPPORT:

Talk to Frank Helpline:  
0300 123 6600  
[talktofrank.com](http://talktofrank.com)

National Association for  
the Children of Alcoholics Helpline  
0800 358 3456  
<https://www.nacoa.org.uk/>