

Year A

LKS2

Puzzle: Healthy Me

Spring 2

Puzzle Piece	Weekly Celebration	British Values Links	RSE Links	PSHE Learning Intention/Objective	Social and Emotional Development Learning Intention/Objection	Lesson Vocabulary
1. Being Fit and Healthy	Have made a healthy choice.	Individual Liberty Mutual Respect	Mental Wellbeing Physical Health and Fitness	I understand how exercise affects my body and know why my heart and lungs are such important organs.	I can set myself a fitness challenge	Oxygen Energy Calories/ Kilojoules Heartbeat Lungs Heart Fitness
2. Being Fit and Healthy	Have eaten a healthy, balanced diet.	Individual Liberty Mutual Respect	Mental Wellbeing Physical Health and Fitness Health and Prevention	I know that the amount of calories, fat and sugar I put into my body will affect my health.	I know what it feels like to make a healthy choice	Energy Calories Kilojoules Labels Sugar Fat Saturated Fat
3. What Do I Know About Drugs?	Have been physically active.	Rule of Law Individual Liberty Mutual Respect Tolerance	Internet Safety and Harm Physical Health and Fitness Drugs, alcohol and Tabaco	I can tell you my knowledge and attitude towards drugs.	I can identify how I feel towards drugs	Healthy Drugs Attitude
4. Being Safe	Have tried to keep themselves and others safe.	Rule of Law Individual Liberty Tolerance	Being Safe Mental Wellbeing Internet Safety and Harm Physical Health and Fitness Basic First Aid	I can identify things, people and places that I need to keep safe from I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.	I can express how being anxious or scared feels	Safe Anxious Scared Strategy Advice Dangerous Emergency Emergency Services Ambulance Fire engine Police car Coastguard helicopter
5. Safe or Unsafe	Know how to be a good friend and	Rule of Law Individual Liberty	Online Relationships Being Safe	I can identify when something feels safe or unsafe.	I can take responsibility for keeping myself and others safe	Safe Harmful

Year A

LKS2

Puzzle: Healthy Me

Spring 2

	enjoy healthy friendships.		Mental Wellbeing Internet Safety and Harm Physical Health and Fitness			Risk Feelings
6. My Amazing Body	Know how to keep calm and deal with difficult situations.	Individual Liberty Mutual Respect	Respectful Relationships Online Relationships Mental Wellbeing Physical Health and Fitness	I understand how complex my body is and how important it is to take care of it.	I respect my body and appreciate what it does for me	Complex Appreciate Body Healthy Safe Choice Risk