

Reception

Puzzle: Healthy Me

Spring 2

Puzzle Piece	Weekly Celebration	British Values Links	RSE Links	Learning Intention/Objective
1. Everybody's Body	Have made a healthy choice	Individual Liberty Mutual Respect		I understand that I need to exercise to keep my body healthy
2. We like to move it, move it!	Have eaten a healthy, balanced diet	Individual Liberty Mutual Respect		I understand how moving and resting are good for my body
3. Food Glorious Food	Have been physically active	Individual Liberty		I know which foods are healthy and not so healthy and can make healthy eating choices
4. Sweet Dreams	Have tried to keep themselves and others safe	Individual Liberty Mutual Respect Tolerance		I know how to help myself go to sleep and understand why sleep is good for me
5. Keeping Clean	Know how to be a good friend and enjoy healthy friendships	Mutual Respect		I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet
6. Stranger Danger	Know how to keep calm and deal with difficult situations	Rule of Law Individual Liberty Mutual Respect Tolerance		I know what a stranger is and how to stay safe if a stranger approaches me