

**Year B**

**KS1**

**Puzzle: Healthy Me**

**Spring 2**

<b>Puzzle Piece</b>	<b>Weekly Celebration</b>	<b>British Values Links</b>	<b>RSE Links</b>	<b>PSHE Learning Intention/Objective</b>	<b>Social and Emotional Development Learning Intention/Objection</b>	<b>Lesson vocabulary</b>
<b>1. Being Healthy</b>	Have made a healthy choice	Individual Liberty	Mental Wellbeing Physical Harm and Fitness	I know what I need to keep my body healthy.	I am motivated to make healthy lifestyle choices.	Healthy choices Lifestyle Motivation
<b>2. Being Relaxed</b>	Have eaten a healthy, balanced diet	Individual Liberty	Mental Wellbeing Internet Safety and Harms Physical Harm and Fitness Health and Prevention	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.	I can tell you when a feeling is weak and when a feeling is strong.	Relax Relaxation Tense Calm
<b>3. Medicine Safety</b>	Have been physically active	Rule of Law Individual Liberty	Mental Wellbeing Physical Harm and Fitness Drugs, Alcohol and Tobacco	I understand how medicines work in my body and how important it is to use them safely.	I feel positive about caring for my body and keeping it healthy.	Healthy Unhealthy Dangerous Medicines Safe Body
<b>4. Healthy Eating</b>	Have tried to keep themselves and others safe	Individual Liberty	Mental Wellbeing Healthy Eating	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.	I have a healthy relationship with food and know which foods I enjoy the most.	Healthy Unhealthy Balanced diet Portion Proportion
<b>5. Healthy Eating</b>	Know how to be a good friend and enjoy healthy friendships	Individual Liberty	Mental Wellbeing	I can make some healthy snacks and explain why they are good for my body.	I can express how it feels to share healthy food with my friends.	Healthy Unhealthy Balanced diet Energy

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			Physical Harm and Fitness Healthy Eating			<i>Fuel Nutritious</i>
<b>6. Happy, Healthy Me!</b>	Know how to keep calm and deal with difficult situations	Individual Liberty Mutual Respect	Mental Wellbeing Physical Harm and Fitness	I can decide which foods to eat to give my body energy.	I have a healthy relationship with food and I know which foods are most nutritious for my body.	<i>Healthy Unhealthy Balanced diet Nutritious Energy</i>