

Newquay Primary Academy – Spring Term 2 Sequence – PHSE



	RECEPTION	YEAR 1	YEAR 2
	<p>Healthy me: Being and keeping safe and healthy</p> <p>Prior knowledge... Children are learning to make healthy choices about food, drink, activity and toothbrushing.</p>	<p>Healthy me: Being and keeping safe and healthy</p> <p>Prior knowledge... Children have learnt to name some of their body parts and have discussed how to keep their bodies healthy.</p>	<p>Healthy me: Being and keeping safe and healthy</p> <p>Prior knowledge... Children understand how germs can make them unwell and how to keep themselves clean and hygienic.</p>
INTENT	In this Puzzle, children learn about their bodies; the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss stranger danger and what they should do if approached by someone they don't know.	In this Puzzle, the class talk healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. The children learn about road safety as well as people who can help them to stay safe.	In this Puzzle, the class learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children talk about things that make them feel relaxed and stressed. They talk about medicines, how they work and how to use them safely. The children have a go at making healthy snacks and also discuss why they are good for their bodies.
VOCABULARY / STICKY KNOWLEDGE	Healthy, exercise, head, shoulders, knees, toes, sleep, wash, clean, stranger, scared, trust.	Healthy, unhealthy, balanced, exercise, sleep, choices, clean, body parts, keeping clean, toiletry items (e.g. toothbrush, shampoo, soap), hygienic, safe medicines, trust, safe, safety, Green Cross Code, eyes, ears, look, listen, wait.	Healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, healthy, unhealthy, dangerous, medicines, safe, body, balanced diet, portion, proportion, energy, fuel, nutritious.
SEQUENCE OF LESSONS	<ol style="list-style-type: none"> 1. I understand that I need to exercise to keep my body healthy. 2. I understand how moving and resting are good for my body. 3. I know which foods are healthy and not so healthy and can make healthy eating choices. 4. I know how to help myself go to sleep and understand why sleep is good for me. 5. I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. 6. I know what a stranger is and how to stay safe if a stranger approaches me. 	<ol style="list-style-type: none"> 1. I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. 2. I know how to make healthy lifestyle choices. 3. I know how to keep myself clean and healthy, and understand how germs cause disease/illness. 4. I know that all household products including medicines can be harmful if not used properly. 5. I understand that medicines can help me if I feel poorly and I know how to use them safely. 6. I know how to keep safe when crossing the road, and about people who can help me to stay safe. 7. I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. 	<ol style="list-style-type: none"> 1. I know what I need to keep my body healthy. 2. 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. 3. I understand how medicines work in my body and how important it is to use them safely. 4. I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy. 5. I can make some healthy snacks and explain why they are good for my body. 6. I can decide which foods to eat to give my body energy.
OUTCOME / COMPOSITE	To understand how to make healthy choices about food, drink, activity and toothbrushing.	To understand how germs can make us unwell and how to keep ourselves clean and hygienic. To understand the importance of road safety as well as people who can help them to stay safe.	To understand the importance of having a healthy relationship with food and why it is good for my body.