




The ASPIRE Curriculum-Key Learning

Title: Healthy Me

Year 2 Spring 2

Subject: PSHE

Key Knowledge	Key Skills (Social and Emotional)	Key Vocabulary	
<ul style="list-style-type: none"> I can understand what my body needs to stay healthy. I can understand what relaxed means. I can understand what makes me feel relaxed / stressed. I can understand how medicines work in my body. I can understand that it is important to use medicines safely. I can understand how to make some healthy snacks. I can understand why healthy snacks are good for my body. I can understand which foods give my body energy. 	<ul style="list-style-type: none"> I have the desire to make healthy lifestyle choices. I can identify when a feeling is weak and when a feeling is strong. I feel positive about caring for my body and keeping it healthy. I have a healthy relationship with food. I can express how it feels to share healthy food with my friends. <div data-bbox="1009 786 1406 858" style="background-color: green; color: white; text-align: center; padding: 5px;">Balanced diet</div> <div data-bbox="1039 868 1335 1119" style="text-align: center;">  </div> <div data-bbox="759 929 1009 1001" style="background-color: green; color: white; text-align: center; padding: 5px;">Tense</div> <div data-bbox="810 1015 1029 1319" style="text-align: center;">  </div> <div data-bbox="1340 879 1717 1339" style="background-color: #f9e79f; padding: 10px;"> <p style="text-align: center;">The Jigsaw! Charter</p> <p style="text-align: center;">We take turns to speak We use kind and positive words We listen to each other We have the right to pass We only use names when giving compliments or when being positive We respect each other's privacy (confidentiality)</p> </div> <div data-bbox="155 1158 448 1229" style="background-color: green; color: white; text-align: center; padding: 5px;">Relax</div> <div data-bbox="479 1096 744 1286" style="text-align: center;">  </div>	<p>Balanced Diet</p> <p>Calm</p> <p>Dangerous</p> <p>Energy</p> <p>Healthy choices</p> <p>Motivation</p> <p>Nutritious</p> <p>Portion</p> <p>Relax</p> <p>Tense</p>	<p>A diet of a variety of different types of food important for good health.</p> <p>Quiet and still.</p> <p>Likely to harm you.</p> <p>The strength someone has to do something.</p> <p>Choices that are good for your health.</p> <p>What makes a person do something.</p> <p>Helps you to grow and keep well.</p> <p>An amount of food for one person.</p> <p>To rest, stop working and be less worried.</p> <p>Nervous and not able to relax.</p>

Healthy Me

