

Reception - Healthy Me

Spring 2

Key vocabulary

Physical	Exercise
Sleep	Safe
Hearts	Keeping clean
Healthy choices	Staying safe

Sequence of learning:

Understand that I need to exercise to keep my body healthy

Understand how moving and resting are good for my body

I know which foods are healthy and not so healthy and can make healthy eating choices

I know how to help myself go to sleep and understand why sleep is good for me

I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet

I know what a stranger is and how to stay safe if a stranger approaches me

Key Skills of Knowledge and Understanding

Exercise to keep our bodies healthy

Making the right choices when eating food

The importance of physical activity

To know why sleep is important to keep us healthy

How to keep clean

Final outcome:

Paint their favourite ways to get to sleep and add as pages in the Whole School Healthy Me Recipe Book



mindful approach to PSHE