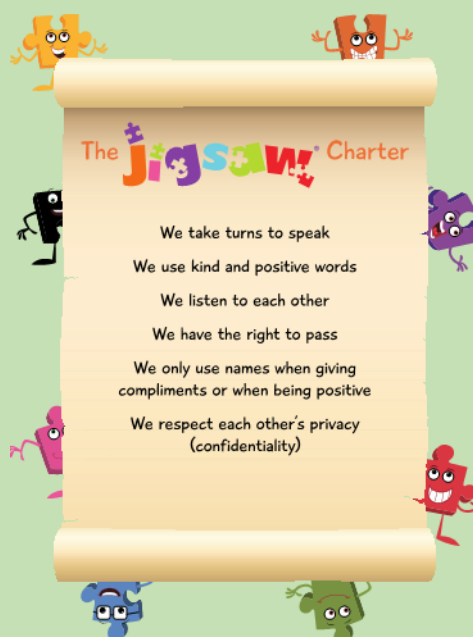


Key Content

Year 2		PSHE	Unit 3	Healthy Me
Key Vocabulary		Knowledge		Key Events
Balanced diet	A diet that contains a good amount of different foods to be healthy.	<p>Puzzle Outcomes</p> <ul style="list-style-type: none"> I know what I have to do to keep my body healthy and am motivated to make the right choices.. I can tell you what relaxed means and what stressed means and know how this makes me feel. I know how medicines work and I feel positive about caring for my body and keeping it healthy. I can sort foods into the correct groups and know which foods I enjoy most to have a healthy relationship with food. I can make and share healthy snacks and express why they are good for our body. I can decide which foods are nutritious and give our bodies energy. <p>Jigsaw Learning Charter</p>  <p>The Jigsaw Charter</p> <ul style="list-style-type: none"> 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>Reflective Questions</p> <ul style="list-style-type: none"> What does your body need to stay healthy? What does relaxed mean and how do you stay like this? What snacks could you eat before exercise? <p>What Makes Our School Great? As good citizens of Water Orton Primary School it is important for us to understand that we can achieve a healthy relationship with food if we make the right choices. Sharing healthy, nutritious snacks can help us to keep our energy levels and maintain a healthy lifestyle.</p> <p>Weekly Celebrations:</p> <p>Week 1- Have made a healthy choice. Week 2 – Have eaten a healthy, balanced diet. Week 3 – Have been physically active. Week 4 – Have tried to keep themselves and others safe. Week 5 – Know how to be a good friend and enjoy healthy relationships. Week 6 – Know how to keep calm and deal with difficult situations.</p>
Calm	Not showing nervousness, anger or other emotions.			
Dangerous	Able or likely to cause harm or injury.			
Energy	The ability to be active.			
Fuel	Where we get our main energy source from e.g. carbohydrates.			
Healthy	To keep your mind and body fit and well.			
Lifestyle	The way in which a person lives.			
Motivation	A reason for behaving in a particular way.			
Nutritious	Nourishing/good food.			
Portion	An amount of food/foods.			
Proportion	A part or section of foods.			
Relaxation	Being free from stress or tension.			
Tense	Feeling tight or rigid.			
Unhealthy	To choose things which do not keep your mind and body healthy.			

