

Healthy Me

	Objective	Knowledge	Content
R	Can I start to make healthy choices?	<ul style="list-style-type: none"> - I know which foods are healthy and not so healthy and can make healthy eating choices. - I understand how moving and resting are good for the body. - I know what a stranger is and how to stay safe if a stranger approaches me. 	<p>Cooking and food preparation.</p> <p>Access to physical equipment through CP.</p> <p>Little Red Riding Hood PCSO visit.</p>
1	Can I describe why I think my body is amazing and identify some ways to keep it safe and healthy?	<ul style="list-style-type: none"> - I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. - I know how to keep myself clean and healthy, and understand how germs cause disease/illness. - I understand that medicines can help me if I feel poorly and I know how to use them safely. - I know how to keep safe when crossing the road, and about people who can help me to stay safe 	<p>Making a healthy snack.</p> <p>Bring in examples of toiletries etc. Where would we find these? Why do we use them?</p> <p>Six Dinner Sid</p> <p>Role play crossing the road – bikes and trikes.</p>
2	Can I make healthy snacks and explain why they are good for the body?	<ul style="list-style-type: none"> - I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy. - 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 decide which foods to eat to give my body energy. 	<p>Fruit salad</p> <p>‘Poor Monty’</p> <p>Meditation.</p> <p>Eat Well Plate – sort out the food into the correct sections.</p>
3	Can I begin to explain how complex my body is and how important it is to take care of it?	<ul style="list-style-type: none"> - Can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help. - I can tell you my knowledge and attitude towards drugs - I understand how exercise affects my body and know why my heart and lungs are such important organs. 	<p>Discussions about different hazards. How could we keep ourselves safe?</p> <p>Jigsaw pictures of drugs. Class discussions about feelings.</p>

		<ul style="list-style-type: none"> - I understand that, like medicines, some household substances can be harmful if not used correctly 	Examples of activities that keep our heart and lungs working well. Fitness challenges.
4	Can I start to explain how to be a good friend and maintain healthy relationships and lifestyle choices?	<ul style="list-style-type: none"> - I can recognise when people are putting me under pressure and can explain ways to resist this when I want - I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. - I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. - I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most - I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles I take on in different situations 	<p>Friendship Circles Scenario cards – role play.</p> <p>Research and fill in the smoking facts grid. Why do people smoke? Scenario cards.</p> <p>True or false scenario cards – alcohol. Address misconceptions.</p> <p>‘Healthy Me, Happy Me recipe books’</p> <p>Research the word ‘assertive’. What would it mean in different scenarios?</p>
5	Can I explain what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy?	<ul style="list-style-type: none"> - I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. - I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. - I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. - I understand how the media and celebrity culture promotes certain body types. - I can describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures. 	<p>Smoking quiz</p> <p>BBC ‘Maddison’s Story’ Fill in alcohol sheet.</p> <p>First aid for school practitioners</p> <p>Relate to people who they admire in the celebrity world. Why?</p> <p>‘Healthy Me, Happy Me’ recipe book.</p>

<p>6</p>	<p>Can I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness?</p>	<ul style="list-style-type: none"> - I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood - I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. - I can evaluate when alcohol is being used responsibly, anti-socially or being misused. - I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse 	<p>Jigsaw powerpoint with food pictures for discussion.</p> <p>Group different drugs – unrestricted, restricted, prescribed and illegal.</p> <p>Action cards role play. Discussion.</p> <p>Draw me on a good/bad day. Rhiannon's story on the Young Minds website.</p>
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