



Subject Specific Vocabulary		Healthy Me	Key Questions
Oxygen	The gas that we need in order to live.	<u>Knowledge</u>	<ul style="list-style-type: none"> How does exercise affect your body? What do your heart and lungs do? What drugs do you know about? How do you feel about drugs?
Energy	Physical and mental power. Produced by the body.	Know how exercise affects their bodies <ul style="list-style-type: none"> Know why their hearts and lungs are such important organs Know that the amount of calories, fat and sugar that they put into their bodies will affect their health Know that there are different types of drugs Know that there are things, places and people that can be dangerous Know a range of strategies to keep themselves safe Know when something feels safe or unsafe Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> Tell me about some things / places / people that you think might be dangerous. How can you keep yourself safe from these? Can you tell me about a time when you felt unsafe? Can we talk about how we keep each other safe in our family? Can we share a Calm me time to feel peaceful together? Shall we try an exercise session together?
Calories	A unit of energy.		
Strategy	A plan of action.		
kilojoules, Heartbeat, Lungs, Heart, Fitness, Labels, Sugar, Fat, Saturated fat, Healthy, Drugs, Attitude, Safe, Anxious, Scared, Advice, Harmful, Risk, Feelings, Complex, Appreciate, Body, Choice.	 	Healthy Me <p>The class talk about the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. The children talk about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The class talk about different types of drugs, the ones you take to make you better as well as other drugs. The children think about things, places and people that are dangerous and link this to strategies for keeping themselves safe.</p>	Skills <ul style="list-style-type: none"> Able to set themselves a fitness challenge Recognise what it feels like to make a healthy choice Identify how they feel about drugs Can express how being anxious or scared feels Can take responsibility for keeping themselves and others safe Respect their own bodies and appreciate what they do



Prior Learning	Local/ National	Unit Objective Y2
<p>Know what their body needs to stay healthy</p> <ul style="list-style-type: none">• Know what relaxed means• Know what makes them feel relaxed / stressed• Know how medicines work in their bodies• Know that it is important to use medicines safely• Know how to make some healthy snacks• Know why healthy snacks are good for their bodies• Know which foods give their bodies energy	<p>Link to UNICEF rights. Safeguarding in school and the community. Science- my body and my senses. ICT- Keeping myself safe- cyber safety.</p> 	<p>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.</p>