


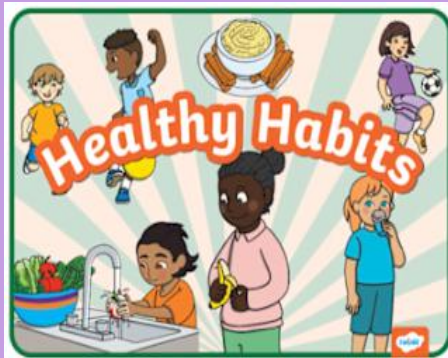


Cycle A PSHE/RHE Whole School Spring 2

Topic	EYFS	Y1/2	Y3/4	Y5/6 10-11
Spring 2 Healthy Me Link to RSE	 <p>My Health</p> <p>Eat healthy.</p> <p>Take a bath.</p> <p>Get plenty of sleep.</p> <p>Exercise regularly.</p>	 <p>Exercise</p> <p>Good Friends</p> <p>Healthy Heart</p> <p>A Healthier Me</p> <p>Good sleep</p> <p>Fresh Food</p>		 <p>Healthy Habits</p>
Puzzle Outcomes	<p>Learn the importance of body exercise, mindfulness, healthy food, sleep, cleanliness, and safety for a strong and happy body.</p>	<p>Keeping healthy, making healthier lifestyle choices, keeping clean, being safe, medicine safety/ safety with household items, road safety and linking health and happiness</p>	<p>Importance of exercise, fitness challenges, food labelling and healthy swaps, attitudes towards drugs, keeping safe and why it's important online and off line scenarios, respect for myself and others, healthy and safe choice</p>	<p>Learn about the impact of smoking, alcohol, body image, healthy choices, and staying calm in emergencies</p> <p>Taking personal responsibility, how substances affect the body, exploitation, including 'county lines' and gang culture, emotional and mental health and managing stress</p>