





Cycle B PSHE/RHE Whole School Spring 2

Topic	EYFS	Y1/2	Y3/4	Y5/6
Spring 2 Healthy Me Link to RSE				
Puzzle Outcomes	<p>Learn the importance of exercise, healthy food, sleep, cleanliness, and safety for a strong and happy body.</p>	<p>Learn healthy choices, stress management, balanced eating, and how to build positive relationships with others.</p>	<p>Learn to build healthy friendships, handle peer pressure, stay safe, and express themselves confidently.</p>	<p>Learn about the impact of smoking, alcohol, body image, healthy choices, and staying calm in emergencies</p>