



**Learning Module:  
Spring Term 2 / Puzzle 4  
Year 2 – Healthy Me**

**Pupil outcomes as a result of this module –**

***Children will learn about respecting their body, making healthy choices and helping others to. They will learn how to break a goal down into achievable steps.***

<b><u>Knowledge</u></b>	<b><u>End of Year/Key Stage Objectives</u></b>
<ul style="list-style-type: none"> <li>○ I know what I need to keep my body healthy.</li> <li>○ 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.</li> <li>○ I understand how medicines work in my body and how important it is to use them safely.</li> <li>○ I can sort foods into the correct food groups and know which foods my body needs every day to keep my healthy.</li> <li>○ I can make some healthy snacks and explain why they are good for my body.</li> </ul>	<p><b>1b</b>, to recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals .</p> <p><b>1c</b>, to face new challenges positively by collecting information, looking for help, making responsible choices and taking action.</p> <p><b>2f</b>, to look after their money and realise that future wants and needs may be met through saving.</p>
<p><b><u>Skills</u></b></p> <ul style="list-style-type: none"> <li>○ I am motivated to make healthy lifestyle choices.</li> <li>○ I can tell you when a feeling is weak and when a feeling is strong.</li> <li>○ I feel positive about caring for my body and keeping it healthy.</li> <li>○ I have a healthy relationship with food and know which foods I enjoy the most.</li> <li>○ I can express how it feels to share healthy food with my friends.</li> </ul>	<p><b>3c</b>, how the body changes as they approach puberty.</p> <p><b>3e</b>, to recognise the different risks in different situations and then decide how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable.</p> <p><b>4a</b>, that their actions affect themselves and others, to care about other people’s feelings and to try to see things from their point of view.</p>
<p><b><u>Understanding</u></b></p> <ul style="list-style-type: none"> <li>○ I can decide which foods to eat to give my body energy.</li> <li>○ I have a healthy relationship with food and I know which foods are most nutritious for my body.</li> <li>○ I can explain why foods and medicines are good for my body, comparing my ideas with less healthy / unsafe choices.</li> <li>○ I can compare my own and my friends’ choices and can express how it feels to make healthy and safe choices.</li> </ul>	<p><b>4c</b>, To be aware of different types of relationship, including marriage and those between friends and families.</p> <p><b>4e</b>, To recognise and challenge stereotypes.</p> <p><b>National Curriculum – Science</b></p> <p><b>2a</b>, To recognise and compare the main external parts of the bodies of humans and of other animals.</p>