



Links to other subject units this term	
This is a stand-alone unit but the content and aims will be integral to many subjects and our attitudes towards learning throughout the term and year.	
Prior Learning	
I can explain how I feel when I am successful and how this can be celebrated positively. I can say why my internal treasure chest is an important place to store positive feelings.	
Key vocabulary for this unit	
realistic, proud, success, celebrate, achievement, goal strengths, persevere, challenge, difficult, easy learning together, success, celebrate, achievement, challenge, product, dream bird, group, partner, team work, problem-solve	
Learning Sequence	
Stay motivated when doing something challenging	<ul style="list-style-type: none"> • Choose a realistic goal and think about how to achieve it • Tell you things I have achieved and say how that makes me feel
Keep trying even when it is difficult	<ul style="list-style-type: none"> • Carry on trying (persevering) even when I find tasks difficult • Tell you some of my strengths as a learner
Work well with a partner or in a group	<ul style="list-style-type: none"> • Recognise who I work well with and who it is more difficult for me to work with • Tell you how working with other people helps me learn
Have a positive attitude	<ul style="list-style-type: none"> • Work well in a group to create an end product • Work with other people in a group to solve problems
Help others to achieve their goals	<ul style="list-style-type: none"> • Explain some of the ways I worked well in my group to create the end product • Express how I felt to be working as part of this group
Are working hard to achieve their own dreams and goals	<ul style="list-style-type: none"> • Know how to share success with other people • Know how contributing to the success of a group feels and i am able to store those feelings in my internal treasure chest (proud)

Assessment milestones

- I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.
- I can explain how it felt to be part of a group and can identify a range of feelings about group work.

PSHCE – Year 2 – Spring Term
Healthy Me



Links to other subject units this term

This is a stand-alone unit but the content and aims will be integral to many subjects and our attitudes towards learning throughout the term and year.

Prior Learning

I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.
I can give examples of when being healthy can help me feel happy.

Key vocabulary for this unit

healthy choices, lifestyle, motivation
relax, relaxation, tense, calm
healthy, unhealthy, dangerous, medicines, safe, body
balanced diet, portion, proportion
energy, fuel, nutritious

Learning Sequence

Have made a healthy choice

- Know what I need to keep my body healthy
- I am motivated to make healthy lifestyle choices

Have eaten a healthy, balanced diet

- 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 tell you when a feeling is weak and when a feeling is strong

Have been physically active	<ul style="list-style-type: none"> • I understand how medicines work in my body and how important it is to use them safely • I feel positive about caring for my body and keeping it healthy
Have tried to keep themselves and others safe	<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 have a healthy relationship with food and know which foods I enjoy the most
Know how to be a good friend and enjoy healthy friendships	<ul style="list-style-type: none"> • I can make some healthy snacks and explain why they are good for my body • I can express how it feels to share healthy food with my friends
Know how to keep calm and deal with difficult situations	<ul style="list-style-type: none"> • I understand which foods to eat to give my body energy • I have a healthy relationship with food and I know which foods are most nutritious for my body
Assessment milestones	
<ul style="list-style-type: none"> • I can explain why foods and medicines can be good for my body comparing my ideas with less healthy/ unsafe choices. • I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices. 	