



Pre-school - FS1:

<u>Piece</u>	<u>Learning Intention</u>
1. Everybody's Body	I know the names for some parts of my body and am starting to understand that I need to be active to be healthy.
2. We like to move it, move it!	I can tell you some of the things I need to do to be healthy.
3. Food Glorious Food	I know what the word 'healthy' means and that some foods are healthier than others.
4. Sweet Dreams	I know how to help myself go to sleep and that sleep is good for me.
5. Keeping Clean	I can wash my hands and know it is important to do this before I eat and after I go to the toilet.
6. Stranger Danger	I know what to do if I get lost and how to say NO to strangers.

EYFS - FS2:

<u>Piece</u>	<u>Learning Intention</u>
1. Everybody's Body	I understand that I need to exercise to keep my body healthy.
2. We like to move it, move it!	I understand how moving and resting are good for my body.
3. Food Glorious Food	I know which foods are healthy and not so healthy and can make healthy eating choices.
4. Sweet Dreams	I know how to help myself go to sleep and understand why sleep is good for me.
5. Keeping Clean	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.
6. Stranger Danger	I know what a stranger is and how to stay safe if a stranger approaches me.

Year 1:

<u>Piece</u>	<u>Learning Intention</u>
1. Being Healthy	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. I feel good about myself when I make healthy choices.
2. Healthy Choices	I know how to make healthy lifestyle choices. I feel good about myself when I make healthy choices.
3. Clean and Healthy	I know how to keep myself clean and healthy, and understand how germs cause disease/illness. I know that all household products including medicines can be harmful if not used properly. I am special so I keep myself safe.
4. Medicine Safety	I understand that medicines can help me if I feel poorly and I know how to use them safely. I know some ways to help myself when I feel poorly.
5. Road Safety	I know how to keep safe when crossing the road, and about people who can help me to stay safe. I can recognise when I feel frightened and know who to ask for help.
6. Happy, healthy me	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. I can recognise how being healthy helps me to feel happy.

Year 2:

<u>Piece</u>	<u>Learning Intention</u>
1. Being Healthy	I know what I need to keep my body healthy. I am motivated to make healthy lifestyle choices.
2. Being Relaxed	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.
3. Medicine Safety	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.
4. Healthy Eating	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.
5. Healthy Eating	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.
6. Happy, healthy me	I can decide 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.