The ASPIRE Curriculum-Key Learning

Title: Healthy Me Year: Year 2 Subject: PSHCE

Key Knowledge	Key Skills	Key Vocabulary	
• Know what their body needs to stay heathy	• Desire to make healthy lifestyle choices • Identify when a feeling is weak and when a feeling is strong • Feel positive about caring for their bodies and keeping it healthy • Have a healthy relationship with food • Express how it feels to share healthy food with their friends		Healthy choices
• Know what relaxed means			Lifestyle
• Know what makes them feel relaxed / stressed			Motivation
• Know how medicines work in their bodies			Relax
• Know that it is important to use medicines safely			Relaxation
• Know how to make some healthy snacks			Tense
• Know why healthy snacks are good for their bodies			Calm
• Know which foods give their bodies energy			Healthy
			Dangerous
			Balanced diet
			Portions
			Proportion
			Energy
			Nutritious