



Year 2 Puzzle: Healthy Me

British Values	RSE Links	Objectives
Individual Liberty	Mental Wellbeing Physical Harm and Fitness	<p>Have made a healthy choice: Being Healthy.</p> <ul style="list-style-type: none"> I know what I need to keep my body healthy. I am motivated to make healthy lifestyle choices.
Individual Liberty	Mental Wellbeing Internet Safety and Harms Physical Harm and Fitness Health and Prevention	<p>Have eaten a healthy, balanced diet: Being Relaxed.</p> <ul style="list-style-type: none"> 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.
Rule of Law Individual Liberty	Mental Wellbeing Physical Harm and Fitness Drugs, Alcohol and Tabaco	<p>Have been physically active: Medicine Safety.</p> <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.
Individual Liberty	Mental Wellbeing Healthy Eating	<p>Have tried to keep themselves and others safe: Healthy Eating.</p> <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.
Individual Liberty	Mental Wellbeing Physical Harm and Fitness Healthy Eating	<p>Know how to be a good friend and enjoy healthy friendships: Healthy Eating.</p> <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
Individual Liberty Mutual Respect	Mental Wellbeing Physical Harm and Fitness	<p>Know how to keep calm and deal with difficult situations: Happy, Healthy Me!</p> <ul style="list-style-type: none"> 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.