



PSHE – Healthy Me



Overview: this unit is called Healthy Me and is all about understanding how to keep healthy and celebrating this. We will work to the outcome of understanding why our bodies are amazing and identify a range of ways to keep it safe and healthy.

What I already know...

I know some foods are better for me than others.

I know it is important to move our bodies like in PE.

Jigsaw Jack



By the end of this unit...

I will understand the different ways to keep my body fit and healthy.

I will understand how my body works and the best way to keep it safe.

I will know how important eating healthy is.

I will understand how being active can keep my mind and body healthy.

I will understand what a balanced diet means.

Key Vocabulary

Active	Healthy	Physical
Body	Fitness	Unhealthy
Balanced	Exercise	Sleep

Key Questions

What does being healthy mean?

How can I stay healthy?

What does a balanced diet mean?

What is the difference between physical and mental health?