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| Learning objectives | Key Vocabulary | Info |
| I understand that I need to exercise to keep my body healthy  I understand how moving and resting are good for my body  I know which foods are healthy and not so healthy and can make healthy eating choices  I know how to help myself go to sleep and understand why sleep is good for me  I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet  I know what a stranger is and how to stay safe if a stranger approaches me | Body (head, shoulders, knees, toes, hands, eyes, ears, nose)  Healthy  Exercise  Active  Stranger | This unit will look at the different ways we can keep fit and healthy and the importance for a healthy lifestyle.  We will also cover the importance of keeping safe, we will look at safe strangers (people who help us) and how to stay safe around strangers.  Pieces   1. Everybody’s Body 2. We like to move it,move it! 3. Food Glorious Food 4. Sweet Dreams 5. Keeping Clean 6. Stranger Danger   A picture containing text  Description automatically generated |
| Activites, books and songs |
| **Books**  You Choose!  Look inside my body  Never talk to strangers  **Songs**  Make a Good Decision  Head, shoulders, knees and toes  Parts of a body  Food Glorious Food |

**Reception Spring 2 PSHE – Healthy Me**