









Trinity Primary School – RHSE Curriculum Organiser
 Preparing for the demands of society for the future



Term: Spring 1		Year Group: EYFS	Topic: Healthy Me
Key Vocabulary		Key Questions	
Healthy 	Being well	Can you tell me which parts of the body you know the names for? What do we need to do to be healthy? What food do we eat that is healthy? What can you do to help yourself get to sleep? What would you do if a stranger approached you? (discuss a few different locations, park, shop etc)	
Exercise 	Being active		
Stranger 	Someone you do not know		
Scared 	Feeling afraid		
Trust 	Honest and reliable		
Clean 	Not dirty		
Links to HEART and British Values		Wider World Events	
HEART Health Respect	British Values Respect and Tolerance	Sustainability week, Christmas Card Recycling, Children’s Mental Health Week, Safer Internet Day, Poetry by Heart, Chinese New Year	
Assessment			
Working towards		Working at	

PD 3-4 Years - Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.
Make healthy choices about food, drink, activity and toothbrushing.

PD Reception - Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine
Further develop the skills they need to manage the school day successfully: personal hygiene

In this Puzzle children learn about their bodies; the names of some key parts as well as how to stay healthy. They talk about food and that some foods are healthier than others. They discuss the importance of sleep and what they can do to help themselves get to sleep. They talk about hand washing and why it is important. The class also discuss stranger danger and what they should do if approached by someone they don't know