

Being My Best R to Y6

Reception Key Themes Making healthy choices Being persistent		Y1 Key Themes Keeping healthy Growth Mindset		Y2 Key Themes Looking after my body Growth Mindset		Y3 Key Themes Keeping myself h Celebrating and develop	
Learning Intentions	Skills	Learning Intentions	Skills	Learning Intentions	Skills	Learning Intentions	Skills
Feel resilient and confident in their learning.	I can keep trying if the way I choose doesn't work.	To recognise how a healthy variety of food can make us feel great.	I can choose a healthy meal with different food groups.	Explain the stages of the learning line showing an understanding of the learning process	I can explain what happens when I learn something new.	To recognise how different food groups work in our body.	I can that n meal.
Name and discuss different types of feelings and emotions.	I can talk about the different types of feelings we have.	Recognise that learning a new skill requires practice and the opportunity to fail, safely	I can be persistent when learning a new skill.		I can explain how setting a goal or goals will help me to achieve what I want to be able to do.	To explain how some infectious illnesses are spread from one person to another.	I can wash preve sprea
Learn and use strategies or skills in approaching challenges.	I can have a go at something new.		I can name a few different ideas of what I can do if I find something difficult.	To understand the importance of good hand and dental hygiene.	I can explain how hand hygiene stops virus' and germs from spreading.	To name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain) and explain the respiratory and digestive processes.	I can food, get in blood

Understand that they can make healthy choices.	I can make my own healthy food choices.	To identify strategies to resolve conflict.	I can help my friends when they fall out.	To recognise what the body needs to have energy and stay well.	I can give examples of what I can do and give to my body to stay healthy.	To identify my achievements and skills to work on.	I can make
Name and recognise how healthy choices can keep us well.	I can make healthy sleep and exercise choices.	To give and receive praise	I can explain why praise helps me to keep trying.	To identify parts of the body that process food and create energy.	I can name different parts of my body that are <i>inside</i> me and help to turn food into energy.	To explain how skills are developed.	devel