The ASPIRE Curriculum-Key Learning

Title: Healthy Me Year: Reception Subject: PSHCE

Key Knowledge	Key Skills	Key Vocabulary	
• Know the names for some parts of their body	• Recognise how exercise makes them feel • Recognise how different foods can make them feel • Can explain what they need to do to stay healthy • Can give examples of healthy food • Can explain how they might feel if they don't get enough sleep • Can explain what to do if a stranger approaches them		Healthy
• Know what the word 'healthy' means			Exercise
• Know some tings that they need to do to keep healthy			Head
• Know that they need to exercise to keep healthy			Shoulders
• Know how to help themselves go to sleep and that sleep is good for them			Knees
• Know when and how to wash their hands properly			Toes
• Know what to do if they get lost			Sleep
• Know how to say "no" to strangers			Heart
			Active
			Wash
			Clean
			Safe adult
			Scared
			Trust