

Statements to live by:

1) I try to stand up for myself and others without hurting others.	4) I think before I make choices that affect my health.
2) I try to be just and fair.	5) I can work, play, rest and pray each day.
3) I can tell you how I look after myself.	6) Simple things can make us happy

PSHE

Keeping and Staying Healthy

Healthy Living - What is a healthy lifestyle choice? Do you make healthy lifestyle choices?

Know and understand that too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older.

End of KS2 Expectations	Safeguarding
<p>Healthy Eating (H) What constitutes a healthy diet (including understanding calories and other nutritional content). The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)</p>	<p>Health and First Aid.</p>

COMMANDO JOES:

- Empathy
- Teamwork

