

What can I do to have a healthy body and mind?

SUBJECT: PSHE (Personal, Social, Health and Economic Education)

I can learn about the elements of a balanced, healthy lifestyle

I can learn about everyday things that affect feelings and the importance of expressing feelings

LEARNING HOW TO BE A GOOD LEARNER

I will be using these tools to help me:

- Setting SMART targets
- Safely search the internet for information.

CHARACTER EDUCATION: FLOURISHING

This gateway is about taking responsibility for my own well-being and supporting others with theirs. I will think about:

- How have I identified a change to improve my health?