

Weekly Celebration	Piece	Learning Intentions
Have made a healthy choice	1. Everybody's Body	I understand that I need to exercise to keep my body healthy
Have eaten a healthy, balanced diet	2. We like to move it, move it!	I understand how moving and resting are good for my body
Have been physically active	3. Food Glorious Food	I know which foods are healthy and not so healthy and can make healthy eating choices

Have tried to keep themselves and others safe	4. Sweet Dreams	I know how to help myself go to sleep and understand why sleep is good for me
Know how to be a good friend and enjoy healthy friendships	5. Keeping Clean	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet
Know how to keep calm and deal with difficult situations	6. Stranger Danger	I know what a stranger is and how to stay safe if a stranger approaches me