

Healthy Living – Skills Development and Mapping


Year 2, Autumn 2019

Stages	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
	Pre structural No real understanding of topic, fails to grasp concept	Uni structural Able to identify intended learning and follow simple instructions but limited knowledge	Multi structural Can perform and combine simple skills but not independent in using strategies for learning	Relational With limited support: able to analyse/ apply/compare and contrast/ explain and justify information gathered.	Extended abstract Fully independent in making connections between facts learned and able to reflect and draw conclusions
Key learning	With help, I can talk about how to stay healthy and how to take care of myself.	I can find out and understand information given to me on how to stay healthy.	I know how to make a healthy choice for myself.	I know how my body can benefit from making healthy choices and exercise.	I can use all of the information I have learned keeping healthy and can create a new Mr Man story for a year group library to be situated in the entrance hall. In my book I will demonstrate all of things I have learned.
Attainment					This could include
Where does food come from	I know that fruit and veg are good for me.	I know that some food groups aren't good for me, and some are.	I know that there are different food groups and that some aren't good for me.	I can use correct scientific vocabulary for the main 5 food groups and offer examples of each	<ul style="list-style-type: none"> Knowing the right amounts of different types of food Preparing a variety of healthy dishes Understanding the impact of exercise and hygiene on the body Understanding where food comes from What happens if someone doesn't make healthy choices
What are the different food groups	I know that too many chips, sweets and fried food are not good for me.	I know I need a mixture of protein and vegetables in my diet	I can explain why I should eat more of some types of food than others.	I can explain which of the food groups I should eat more of and less, and most crucially why.	
What are the right amounts of different food in each group	With help I can prepare a healthy snack	I can follow a simple recipe to prepare a healthy meal, with support	I can follow a simple recipe to prepare a healthy meal	I can design and make a healthy meal independently	
What the effect of exercise is – linked to TAKING CARE Project, Protective behaviours	With help I can suggest things that I can do to keep active	I can suggest things I can do to keep me active	I can demonstrate things that keep me active	I can design an exercise routine to keep me fit	

How do I keep myself safe and healthy.	With help I suggest ways of keeping safe and healthy	I can suggest a way of keeping me safe and healthy	I can suggest a ways of keeping me safe and healthy	I can explain and record a number of ways we keep fit and healthy.	

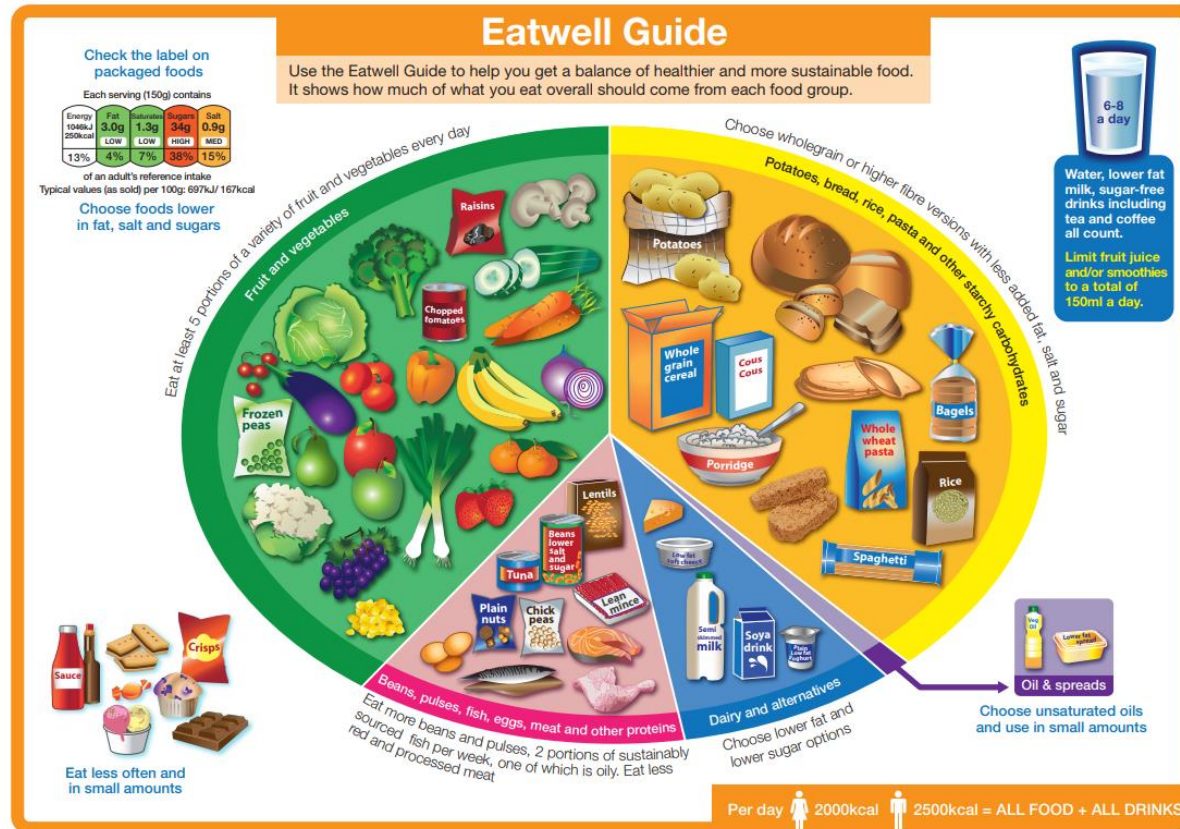
Just imagine - Planning Map

The name of the artist, and period studied to be decided by children in response to their interests.

Art Design and paint own Mr Man	Key questions What is healthy living What is being active Why is it important	History Not covered in this session apart form incidental	I Can Art  Enrique Gerde DT Designing and making Music
Design and Technology Design a healthy plate of food for a child (link to different places, countries and cultures)	Geography Healthy foods from around the world <ul style="list-style-type: none"> - Map with dishes - Map of where ingredients come from - Air miles - Sustainable living - Climate emergency 	English Design, redraft, edit and make a final copy.	

Diet, physical, protein, fruit, vitamin, exercise, healthy, hygiene, carbohydrate, vegetables, minerals, active, inactive, germs, fibre, pulses, food groups, types of sport, steps, sugar, grains, balanced meal.

We would also like your child help **to make and prepare a healthy meal** – this could be a picnic or family meal. We would like you to get them involved in the planning, buying, weighing, chopping and eating! Please can you send in a photo to admin2332@welearn365.com .



Community Education at its best

To make the learning as exciting as possible we need your help. Have **you, or someone you know**, got something to share with the children that could enrich their experience of keeping healthy – are you a chef, fitness instructor, marathon runner, doctor or nurse, have a particular diet that you follow, take part in a sport that the children could try.....

Please come and see Mr Queralt or your child's class teacher to share your ideas. We will facilitate and help to make it a success! Don't be shy!!!!