



TWO RIVERS
HIGH SCHOOL

Two Rivers High School

Galaxy and Everest

Knowledge and Skills

	Autumn 2022-23		Spring 2022-23	Summer 2022-23
	Healthy eating and lifestyles	Mental health and wellbeing	The world around me-People	Sexual relationships education
I can organise food into healthy and treats.				
I can practise ways to relax.				
I can know and name body parts including private body parts.				
I can recognise people who are important to me.				
I can understand why we need to eat and drink.				
I can identify different emotions in myself and others.				
-I can give examples of how to keep parts of my body private.				
I can recognise positives and negatives of social media.				
I can model how to store different food products.				
I can find out more about people who help me in my community				



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I can identify differences between male and female bodies.				
I can practise how to meet and greet people.				
I can consider healthy food and drink choices.				
I can explain my interests and find others who share them.				
I can research jobs people in my community do.				
I can understand changes that happen to the body.				
I can recognise different emotions we may have in relationships.				
I can see how 'Move, Eat, Sleep and Relax' relates to our health.				
-I can identify and respect how people are similar and different.				
I can think of and show ways to help people.				