



**TWO RIVERS**  
**HIGH SCHOOL**

**Two Rivers High School**

**Nova**

**Knowledge and Skills**

**PSHE**

	<b>Autumn 2022-23</b>	<b>Spring 2022-23</b>	<b>Summer 2022-23</b>
	Healthy lifestyle	Family and friends	Body awareness and physical changes
I can identify factors which affect health.			
I can consider ways I have changed since being born.			
I can understand that humans start from bodies which grow in a stomach.			
I can share information/photos on my family.			
I can consider ways I can stay healthy.			
I can try foods which are healthy.			
I can recognise that all families look different.			
I can name and identify parts of my body.			
I can identify things I enjoy doing with my friends and family.			
I can understand why exercise is important and try new exercises.			
I can describe the purpose of some body parts.			
I can outline ways a person can be a good friend.			
I can prepare, make and taste a healthy meal.			
I can create a timeline to show how we grow from babies to adults.			
I can represent my family and friends in different ways.			