

## LEARNING JOURNEY

### PSHE Learning Journey Early Years Summer 2



# My wellbeing

I am learning about the importance of exercise.

I know how exercise affects different parts of my body.

I am exploring guided mediation and relaxation.

I know how yoga can help our bodies to stretch, relax and stay healthy.

I am learning to understand why it is important to be able to take care of ourselves

I can complete independent tasks related to health, well-being and hygiene.  
I can discuss the factors that support our overall health and well-being.

I am learning about road safety.

I understand what it means to be a safe pedestrian.

I am learning about healthy eating.

I understand what it means to eat healthily.

I am learning to understand the importance of healthy food choices.

I know what it means to have a balanced diet.

#### Key vocabulary:

Exercise, movement, healthy, heart rate, breathing, bones, muscles, yoga, pose, relax, meditate, walk, hazard, careful, alert, crossing, pedestrian, healthy, balanced, diet, vitamins, nutrients, energy