

PSHE Year 1 Spring 2 – Healthy me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- understand the difference between being healthy and unhealthy and know some ways to keep myself healthy
- know how to make healthy lifestyle choices
- know how to keep myself clean and healthy, and understand how germs cause disease/illness
- know that all household products including medicines can be harmful if not used properly
- understand how medicines can help me if I feel poorly and I know how to use them safely
- know how to keep safe when crossing the road, and about people who can help me to stay safe
- tell you why I think my body is amazing and can identify some ways to keep it safe and healthy

Social and emotional skills

I will:

- feel good about myself when I make healthy choices
- I know I am special so keep myself safe
- know some ways to help myself when I feel poorly
- recognise when I feel frightened and know who to ask for help
- recognise how being healthy helps me to feel happy

Key vocabulary

Balanced, bacteria, body parts, choices, clean, crossing, ears, exercise, eyes, germs, healthy, hygienic, keeping clean, kerb, less healthy, listen, look, medicines, nervous, pavement, safe, scared, sleep, soap, traffic, traffic lights, trust, unhealthy, virus, wait

Big Question:

Why are you amazing?

By the end of this topic...

I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.

I can give examples of when being healthy can help me feel happy.

The zones of regulation



Mindmate Monday lesson

MindMate

Year 1 Spring 2 Strong emotions

Lesson focus: Recognise what is fair/ unfair right/wrong I know when someone is being unkind, including myself

Pupils should have the opportunity to...

know what is fair and unfair, kind and unkind, what is right and wrong I know how to respond, who to tell and what to say. Recognise some strong emotions. I can say "That person looks...."