





Topic: PSHE

Term: Spring 2

















Year: Unit 1

Duration: 6 weeks

The Powerful Knowledge we will take away from this PSHE Puzzle:

 Knowledge	 Social &  Emotional &  Skills
<p>I will know...</p> <ul style="list-style-type: none"> Know what the word 'healthy' means Know the names for some parts of their body Know when and how to wash their hands properly Know how to say no to strangers Know that they need to exercise to keep healthy Know how to help themselves to sleep and that sleep is good for them Know what to do if they get lost 	<p>I will...</p> <ul style="list-style-type: none"> Can explain what they need to do to stay healthy Recognise how exercise makes them feel Can give examples of healthy food Can explain what to do if a stranger approaches them Can explain how they might feel if they don't get enough sleep Recognise how different foods can make them feel.

What I already know: You will have experienced naming your body parts and explored how your body can move in different ways. You will have practiced staying near familiar adults when out and about and the importance of not going off with strangers. You will be used to trying new foods and helped to keep yourself clean.

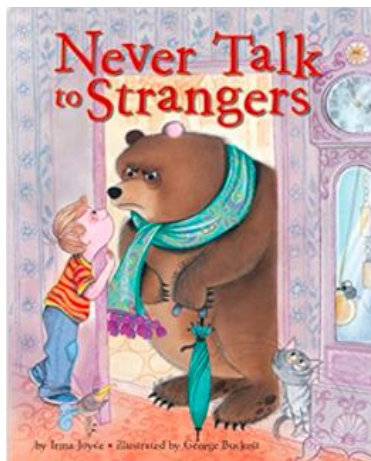
Our Key Vocabulary	Meaning
  healthy exercise	<p>Healthy means that your body, thoughts and feelings are strong, full of energy and positivity.</p> <p>Exercise is activity that gets your body moving.</p>
  my body	    head shoulders knees toes
 sleep	<p>Sleep is the resting state in which the body is not active and the mind is temporarily unconscious.</p>
    hands soap wash dry	<p>Wash (verb) is to clean something with soap.</p> <p>Clean (adjective) is when something is free from dirt, bacteria or pollution.</p>
   stranger scared trust	<p>A stranger is someone you do not know and your trusted adults have not said they are ok to talk to.</p> <p>Scared is when you feel frightened or worried.</p> <p>Trust is a belief that someone or something is safe and will not hurt you.</p>



Family Talk Time Learning:

- What do we need to do to be healthy?
- What are your favourite healthy foods?
- Can you tell me which parts of the body you know the names for?
- How many different ways do we exercise?
- What happens to our bodies when we exercise? Does anything change?
- What can you do to help yourself get to sleep?
- What would you do if a stranger approached you? (discuss a few different locations, park, shop etc)

Texts that Teach:

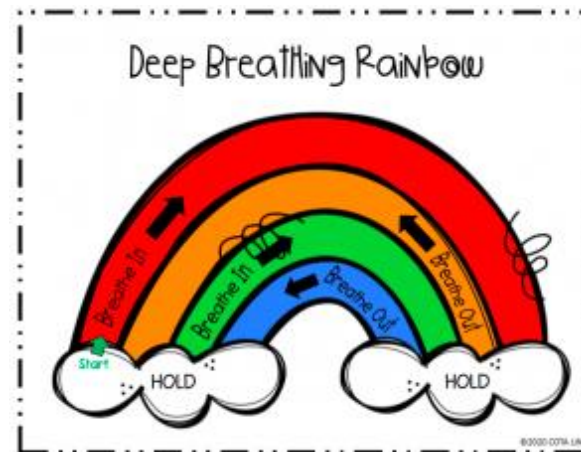
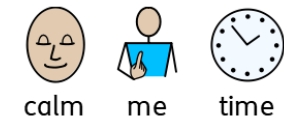


Personal reflections:



What healthy choices
have I made today?

Mindfulness Activities to try:



Breathe out a rainbow.



Feel your heart beating.