






Topic: PSHE

Term: Summer 2
























Year: Unit 1

Duration: 6 weeks

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

 Knowledge	    Social and Emotional Skills
<p>I will...</p> <ul style="list-style-type: none"> Know the names and functions of some parts of the body (see vocabulary list) Know that we grow from baby to adult Know who to talk to if they are feeling worried Know that sharing how they feel can help solve a worry Know that remembering happy times can help us move on 	<p>I will...</p> <ul style="list-style-type: none"> Recognise that changing class can elicit happy and/or sad emotions Can say how they feel about changing class/ growing up Can identify how they have changed from a baby Can say what might change for them they get older Can identify positive memories from the past year in school/home

What I already know: I will have explored how I can move my body and use my body parts to make things change. I will know that I started life as a baby and that my body has changed as I have grown. I will have experienced moving to school from being with my family, nursery, or child care setting and talked about my feelings when doing fun activities.

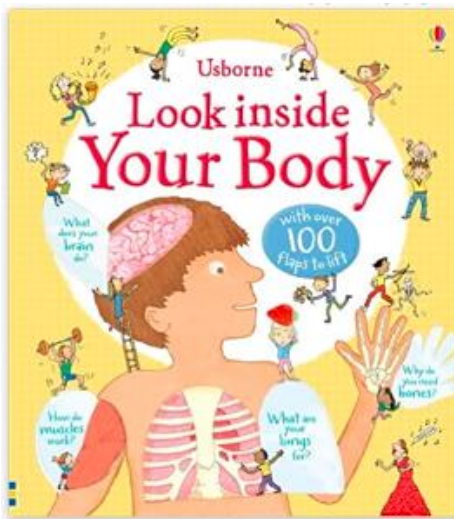
Our Key Vocabulary	Meaning
<p>My body part names:</p>  Eye,  Foot,  Eyebrow,  Forehead,  Ear,  Mouth,  Arm,  Leg,	
 Chest,  Knee,  Nose,  Tongue,  Finger,  Toe,  Stomach,  Hand,	
 Baby,  Grown-up,  Adult,	<p>A baby is a very young child. Adults are sometimes called grown-ups. Adults are people who are fully grown. Children become an adult when they reach the age of 18.</p>
 Change	<p>Change happens when something or someone is altered so they become different.</p>
 Worry,  Excited,  Memories	<p>Worry is a feeling we get when we think about things that are unpleasant. When we feel happy and full of energy, we can say we are excited. Memories are our mind stories about things that have happened to us.</p>



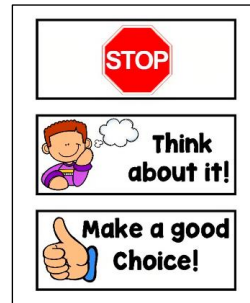
Family Talk Time Learning:

- Which parts of your body do you know the name of?
- Who can you talk to if you ever feel worried or frightened at school or at home?
- Can you tell me about a time when you felt really happy?

Texts that Teach:



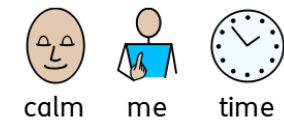
Personal reflections:



How does it make you feel
when you make a good choice?



Mindfulness Activities to try:



Sit on a chair and make a really big smile.

Close your eyes and gently squeeze your hands and knees.

Make your smile even bigger – notice how this makes your body feel.