



DOWN AMPNEY PRIMARY SCHOOL

Year B - Term 5

Unit Overview: KS1 PSHE

Being My Best

<p>Key questions</p> <p>Looking after my body</p> <ul style="list-style-type: none"> ❖ How do we get energy? ❖ What parts of the body turn food into energy? ❖ What do we need to do to stay healthy? ❖ Why do we need to keep doing certain things to stay healthy? <p>Growth mindset</p> <ul style="list-style-type: none"> ❖ What can you do if you find something difficult? ❖ Which goals have you set up to help yourself? ❖ Does setting a goal help with your learning? How? 	<p>Substantiative knowledge</p> <ul style="list-style-type: none"> ❖ Explain the stages of the learning line showing an understanding of the learning process. ❖ To understand the importance of good hand and dental hygiene. ❖ To recognise what the body needs to have energy and stay well. ❖ To identify parts of the body that process food and create energy. 	<p>Vocabulary</p> <p>Achieve, germs, injection, rest, choices, brain, soap, vaccination, choose, water, large intestine, healthy, lungs, stomach, energy, learn, food, small intestine, exercise, oxygen, teeth</p> <p>Phonics / polysyllabic words</p> <p>Oxygen Healthy</p>
<p>Subject skills</p> <ul style="list-style-type: none"> ❖ I can explain what happens when I learn something new. ❖ I can explain how setting a goal or goals will help me to achieve what I want to be able to do. ❖ I can explain how hand hygiene stops virus' and germs from spreading. ❖ I can give examples of what I can do and give to my body to stay healthy. ❖ I can name different parts of my body that are inside me and help to turn food into energy. 	<p>British Values</p> <ul style="list-style-type: none"> ❖ Democracy: Children are encouraged to ask and answer questions about their learning, development and school environment. Supporting children to have discussions with their peers in a respectful way. ❖ The rule of law: Identifying right from wrong and recognising the importance of laws, including those that govern the class, the school or the country. Creating rules and expectations to follow during all lesson and in PSHE to make sure everyone experiences a safe learning environment. ❖ Respect and Tolerance: Promoting individual differences and respecting how people can have different feelings in the same situation. All children listen and respect others' opinions when discussing different topics. ❖ Mutual respect: Children learn that their behaviours and actions have an effect on their own rights and those of others. 	<p>Linked texts:</p> <p>Strong Like Me Why, Why, Why Does My Heart Begin to Race Josie's Lost Tooth</p> <p>Possible misconceptions</p> <p>Children might think that they cannot exercise if they do not do sports. Children might think that if they are struggle with something, then they will always struggle with it.</p> <p>Christian Values:</p> <p>Courage: Children will develop the skill of recognising what is right from wrong and find the courage and conviction to make the best choices. Children will learn about different feelings and be able to reflect courageously on their own emotions.</p>



DOWN AMPNEY PRIMARY SCHOOL

Year B - Term 5

Unit Overview: KS1 PSHE

Being My Best

<p><u>Prior learning</u></p> <ul style="list-style-type: none">- Growth Mindset- Keeping healthy <p>I can name a few different ideas of what I can do if I find something difficult.</p> <p>I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.</p>	<p><u>Future learning LKS2</u></p> <p>Keeping Myself Healthy</p> <p>Celebrating and Developing My Skills</p> <p>I can give a few examples of things that I can take responsibility for in relation to my health and give an example of something that I've done which shows this.</p> <p>I can explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done (or plan to do) in order to improve it.</p>	<p><u>Respect:</u> The importance of respecting everyone around us, even when their ideas or beliefs are different to ours, and having respect towards ourselves.</p> <p><u>Trust:</u> Understanding that all relationships require an element of trust. This means being able to share thoughts, feelings and emotions with those around us in a way where we would not feel judged or criticised.</p>
--	---	---