



## DOWN AMPNEY PRIMARY SCHOOL

### Term 5

### Unit Overview: LKS2 PSHE

### Being My Best

Key questions	Substantiative Knowledge	Vocabulary
<p><u>Having choices and making decisions about my health</u></p> <ul style="list-style-type: none"> <li>- What choices help to keep me healthy?</li> <li>- Why is it important to look after my health now?</li> <li>- Why is it important to look after myself in the future?</li> </ul> <p><u>Taking care of my environment</u></p> <ul style="list-style-type: none"> <li>- What different things can I do to look after our environment?</li> <li>- Why is it important to look after our environment?</li> <li>- How does this affect our future?</li> </ul>	<ul style="list-style-type: none"> <li>❖ Identify how they and their friends are unique. <ul style="list-style-type: none"> <li>○ Say how being unique makes everyone special, different and valuable.</li> </ul> </li> <li>❖ To recognise that we all make different choices because we are unique. <ul style="list-style-type: none"> <li>○ Give examples of choices I make and the choices others make for me.</li> </ul> </li> <li>❖ To understand that the body gets energy from food, water, oxygen and that exercise and sleep are important to our health. <ul style="list-style-type: none"> <li>○ I can plan a healthy balanced meal.</li> </ul> </li> <li>❖ To understand the ways in which they can contribute to the care of the environment. <ul style="list-style-type: none"> <li>○ Give different examples of some of the things that I do already to help look after my environment.</li> </ul> </li> </ul>	<p><u>Vocabulary</u></p> <p>Accident, emergency, affect, balanced diet, recycle, breathing, community, repair, reduce, creative, exercise, choices, wound, mental health.</p> <p><u>Phonics / polysyllabic words</u></p> <p>Year ¾ word focus: Accident /accidentally Breathing Exercise</p>
<p><u>Subject skills</u></p> <ul style="list-style-type: none"> <li>❖ Role-play and drama to different situations.</li> <li>❖ Circle time/quality talk led by the children.</li> <li>❖ Give advice to the mascot's about how they could deal with different situations.</li> <li>❖ Have clear and focused discussions around topics and establish what human rights are and what responsibilities we hold.</li> <li>❖ Listen to other children's views and opinions in the class and consider how their feelings may be different to your own.</li> </ul>	<p><u>PSHE themes:</u></p> <p>Being yourself, self-esteem, respect, safety,</p> <p><u>British Values</u></p> <ul style="list-style-type: none"> <li>❖ <u>Democracy:</u> 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.</li> <li>❖ <u>The rule of law:</u> 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.</li> <li>❖ <u>Respect and Tolerance:</u> 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.</li> <li>❖ <u>Mutual respect:</u> Children learn that their behaviours and actions have an effect on their own rights and those of others.</li> </ul>	<p><u>Linked texts:</u></p> <p>Greta and the Giants Here We Are What a Waste!</p> <p><u>Possible misconceptions</u></p> <p>Children might think they are not responsible for any first aid. They should learn that simple actions can make a difference, anyone can learn to give first aid in different situations and how can they empower themselves and each other.</p> <p><u>Christian Values:</u></p> <p><u>Courage:</u> 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</p>



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		able to reflect courageously on their own emotions.  <b><u>Respect:</u></b> The importance of respecting everyone around us, even when their ideas or beliefs are different to ours, and having respect towards ourselves.  <b><u>Trust:</u></b> 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.
<b><u>Prior learning</u></b> <u>Me and my relationships</u> <b><u>KS1</u></b> Feelings Getting help Classroom rules Special people Being a good friend  <b><u>LKS2</u></b> Cooperation Friendships Bullying Assertive skills	<b><u>Future learning LKS2 Year A (some)</u></b>  <u>Valuing Differences</u> Respect and challenge, communities, our friends and neighbours, celebrating our differences.  <u>Me and My Relationships</u> Trust, friendships, cooperation.  <u>Keeping Myself Safe</u> Managing risk, straying safe online, drugs and their risk  <u>Being My Best</u> Growing independence and taking responsibility. Media awareness and safety.	