

# Year 1 PSHE Medium Term Plan - Summer

Theme: Health and Wellbeing

Sub-themes:

Physical Health and Mental wellbeing

Growing and Changing

Keeping Safe



Core Substantive Knowledge	Key Vocabulary	Key Questions
<p><b>Physical Health and Mental wellbeing: Looking after ourselves</b></p> <p>Children learn:</p> <ul style="list-style-type: none"><li>• What it means to be healthy and why it is important</li><li>• To identify ways to take care of themselves on a daily basis</li><li>• How basic hygiene routines, e.g. hand washing keeps us healthy</li><li>• To identify healthy and unhealthy foods, including sugar intake</li><li>• The different types of physical activity and how it keeps people healthy</li><li>• To explore different types of play, including balancing indoor, outdoor and screen-based play</li><li>• To identify people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors</li></ul>	<p>Healthy, unhealthy, hygiene, balance, choice, physical, activity, exercise, routine, muscle, physical, biological, doctors, nurses, dentists, infrared, radiation, ultraviolet, shade, SPF 50</p>	<ul style="list-style-type: none"><li>• Why is it important to be healthy?</li><li>• What advice would you give to someone of your age about eating healthily?</li><li>• Why is it a good idea to be physically active?</li><li>• Who helps us stay healthy in different ways?</li><li>• How can we stay safe in the sun?</li><li>• What kinds of exercise or movement help us stay fit?</li><li>• Why is it good to have a balance of indoor, outdoor, and screen play?</li><li>• How does play help us stay healthy and happy?</li><li>• Who helps us stay healthy at home?</li></ul>
<p><b>Growing and changing: We are all unique!</b></p> <p>Children learn:</p> <ul style="list-style-type: none"><li>• To recognise what makes them special and unique including their likes, dislikes and what they are good at</li><li>• How to manage and whom to tell when finding things difficult, or when things go wrong</li><li>• How they are the same and different to others</li></ul>	<p>Unique, differences, similarities, trust, care, difficult feelings, strategies, coping, regulating, emotions, comfortable, uncomfortable feelings</p>	<ul style="list-style-type: none"><li>• What makes you unique?</li><li>• Who are your special, trusted people and when can they help?</li><li>• What different emotions do we feel?</li><li>• How can I shift my emotions?</li></ul>

<ul style="list-style-type: none"> <li>• To identify different kinds of feelings</li> <li>• How to recognise feelings in themselves and others</li> <li>• How feelings can affect how people behave</li> </ul>		
<p><b>Keeping Safe: What and who helps us stay safe?</b></p> <p>Children learn:</p> <ul style="list-style-type: none"> <li>• How rules can help to keep us safe</li> <li>• Why some things have age restrictions, e.g. TV and film, games, toys or play areas</li> <li>• To understand basic rules for keeping safe online</li> <li>• To identify whom to tell if they see something online that makes them feel unhappy, worried, or scared</li> </ul>	<p>Risks, importance, chaos, safe, harmful content, age ratings, restrictions, social media, trust, concerns, relief</p>	<ul style="list-style-type: none"> <li>• Why are rules important?</li> <li>• How can I stay safe whilst using the internet?</li> <li>• How can I share any concerns about things I see online?</li> </ul>