

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

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