

**Subject: PSHE****Year group: 1 Term: Summer****Title: Health and Wellbeing****What should I already know?**

- To recognise my own feelings
- To start to understand others might feel different than I
- To use strategies/language to help me deal with social situations
- To 'have a go'
- To listen to each other during class discussion
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**Facts I will learn**

- How to be healthy and take care of themselves on a daily basis
- About basic hygiene routines
- About healthy and unhealthy food and how physical activity can keep you healthy
- About different types of play
- How to keep safe in the sun
- To understand and manage their feelings
- To know who to ask for help if something goes wrong
- How they are the same and different to others
- About rules and how rules can keep us safe
- Why some things have age restrictions

**Key questions**

- What do I need to do every day so that I can stay healthy and take care of myself?
 - What are basic hygiene routines?
- What foods are unhealthy and why should we limit how often we eat them?
- What foods are healthy and how can these along with physical activity keep us healthy?
- What are different types of play, including indoor, outdoor and screen play?
- Why and how can we keep safe in the sun?
- What feelings might I have and how can I manage my feelings?
- Who can I ask for help if something goes wrong?
 - How am I the same as others?
 - How am I different to others?
- What are rules and how can they keep us safe?
- Why do some things have age restrictions?

Key Skills.....

In this term children will learn about how they can keep themselves healthy through what they eat, play and basic hygiene routines.

Experiences that school will provide:

We will set up two cafes and try and persuade our friends to come and out our healthy or not so healthy food.

Key vocab**Definition**

Healthy

Something that is good for your body and mind.

Unhealthy

Something that may not be good for your body and mind.

Web links https://www.tinytap.com/activities/g3etm/play/healthy-vs-unhealthy https://www.youtube.com/watch?v=T7ghJsZug60	Experiences that could be provided at home... - You could have a family challenge to create the most interesting healthy sandwich/meal - You could learn the slip, slop, slap rap https://www.youtube.com/watch?v=GKPP8qgA7cY	Hygiene	The way in which we keep our bodies clean.
		Limit	Not having too many of something.
		Physical activity	Anything that gets the body moving.
		Restrictions	Things that we are not allowed to do.