

PSHE – Being My Best

Construction



Prior Knowledge

Previously, the children have found out about caring for our community, environment, ourselves and how to get on with others. They have also learnt about good hygiene and had a visit from a dental nurse.



What do some of the organs in our body do?

My Component Knowledge:

Lesson 1: I can identify and describe where I am on the learning line in a given activity and begin to apply its positive mindset strategies to their own learning.

Lesson 2: I can understand and explain that I have choices and these can make a difference to my health and happiness.

Lesson 3: I can explain how germs can be spread and understand that vaccinations can help to prevent certain illnesses.

Lesson 4: I can explain the importance of good dental hygiene.

Lesson 5: I can understand that the body gets energy from food, water and oxygen.

Lesson 6: I can suggest things I can do to help look after my body.

My Composite Knowledge:

I can give examples of the things I do to keep healthy, including looking after my teeth, eating healthy food, exercise and rest and how I try to make sure I do these things regularly. I can explain how setting a goal or goals will help me to achieve what I want to be able to do.

Key Vocabulary

Tier 1: Choice, goals, unhealthy, healthy, exercise, breathing, teeth, sleep, rest, energy

Tier 2: Challenge, successful, injection, vaccination, oxygen, rib, heart, lungs, brain, stomach, hygiene

Tier 3: Waste materials, nutrients, hydrate, small and large intestines, digestion, organ

Why are healthy choices important?



What do our bodies need to stay alive and healthy?

What is a vaccine?

The Learning Line

This is before we learn something new

This is when we have learnt something new

This is where we keep trying and practising to get better. Other people help us and we get more confident.

This is where we find things hard or tricky.

