

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.

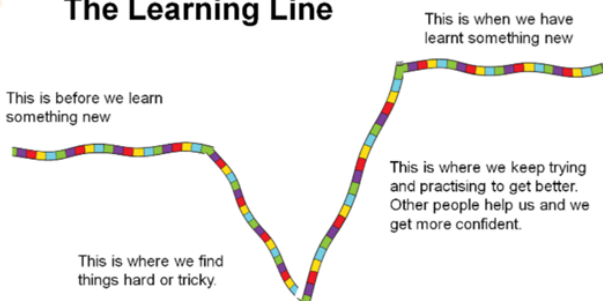


What do some of the organs in our body do?



What do our bodies need to stay alive?

The Learning Line



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 my 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

Why are healthy choices important?



What is a vaccine?

