



Newlaithes Nursery and Infant School Medium Term Planning

Year Group: 1

Subject: PSHE

Term: Summer

Learning/ Skill: Health and Wellbeing

Resources

Phunkyfoods, Espresso video clips People who Help Us, 2Simple - Internet Safety, The Big Bag of Worries, Lion is in a flap, Giraffe is left out, Hippo Owns Up Kidsafe resources

National Curriculum Links/Learning:

Physical health and mental wellbeing

Keeping healthy; food and exercise, hygiene routines; sun safety

Growing and changing

Recognising what makes them unique and special; feelings; managing when things go wrong

Keeping safe

How rules and age restrictions help us; keeping safe online

Prior Learning:

Physical health and mental wellbeing

What different emotions are there? (Happy, sad, worried & angry)

Growing and changing

Moving to a new year group

Keeping safe

What does it mean to be safe? Who helps us to keep safe?

Activities/Teaching

Physical and mental wellbeing

- what it means to be healthy and why it is important
- ways to take care of themselves on a daily basis • about basic hygiene routines, e.g. hand washing • about healthy and unhealthy foods, including sugar intake
- about physical activity and how it keeps people healthy
- about different types of play, including balancing indoor, outdoor and screen-based play
- about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors
- how to keep safe in the sun

Growing and changing

- 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
- about different kinds of feelings
- how to recognise feelings in themselves and others
- how feelings can affect how people behave

Keeping safe

- how rules can help to keep us safe
- why some things have age restrictions, e.g. TV and film, games, toys or play areas
- basic rules for keeping safe online
- whom to tell if they see something online that makes them feel unhappy, worried, or scared

Subject Specific Vocabulary

Hygiene healthy rules feelings vocabulary wellbeing yukky feelings

Any subject specific requirements?

Future learning:

Physical health and mental wellbeing

Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help

Growing and changing

Growing older; naming body parts; moving class or year

Keeping safe

Safety in different environments; risk and safety at home; emergencies