



DOWN AMPNEY PRIMARY SCHOOL

**Term 5**

**Unit Overview: KS1 PSHE**

**Being My Best**

<p><b><u>Key questions</u></b></p> <p>Growth mindset</p> <ul style="list-style-type: none"> <li>❖ What can you do if you find something difficult?</li> <li>❖ Do you need just one idea to help, if you find something difficult?</li> <li>❖ How have your ideas helped you?</li> </ul> <p>Keeping Healthy</p> <ul style="list-style-type: none"> <li>❖ Which foods are healthy and why?</li> <li>❖ Why do we need to eat different foods?</li> <li>❖ What jobs do different foods have in the body?</li> </ul>	<p><b><u>Substantiative knowledge</u></b></p> <ul style="list-style-type: none"> <li>❖ To recognise how a healthy variety of food can make us feel great.</li> <li>❖ Recognise that learning a new skill requires practice and the opportunity to fail, safely.</li> <li>❖ To identify strategies to resolve conflict.</li> <li>❖ To give and receive praise.</li> </ul>	<p><b><u>Vocabulary</u></b></p> <p>Starchy, dairy, protein, sugar, fruit, difficult, practise, mistakes, hygiene, cereal, bread, spread, try, water, energy, help, healthy, support, vitamins, vegetables, germs.</p> <p><b><u>Phonics / polysyllabic words</u></b></p> <p>Hygiene Vitamins</p>
<p><b><u>Subject skills</u></b></p> <ul style="list-style-type: none"> <li>❖ I can choose a healthy meal with different food groups.</li> <li>❖ I can be persistent when learning a new skill.</li> <li>❖ I can name a few different ideas of what I can do if I find something difficult.</li> <li>❖ I can help my friends when they fall out.</li> <li>❖ I can explain why praise helps me to keep trying.</li> </ul>	<p><b><u>British Values</u></b></p> <ul style="list-style-type: none"> <li>❖ <b><u>Democracy:</u></b> Children are encouraged to ask and answer questions about their learning, development and school environment. Supporting children to have discussions with their peers in a respectful way.</li> <li>❖ <b><u>The rule of law:</u></b> Identifying right from wrong and recognising the importance of laws, including those that govern the class, the school or the country. Creating rules and expectations to follow during all lesson and in PSHE to make sure everyone experiences a safe learning environment.</li> <li>❖ <b><u>Respect and Tolerance:</u></b> Promoting individual differences and respecting how people can have different feelings in the same situation. All children listen and respect others' opinions when discussing different topics.</li> <li>❖ <b><u>Mutual respect:</u></b> Children learn that their behaviours and actions have an effect on their own rights and those of others.</li> </ul>	<p><b><u>Linked texts:</u></b></p> <p>The very hungry caterpillar The runaway pea Last stop on market street</p> <p><b><u>Possible misconceptions</u></b></p> <p>Children might think that all food is healthy. Children might think that if they are struggle with something, then they will always struggle with it.</p> <p><b><u>Christian Values:</u></b></p> <p><b><u>Courage:</u></b> Children will develop the skill of recognising what is right from wrong and find the courage and conviction to make the best choices. Children will learn about different feelings and be</p>



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<p><b>Prior learning</b> <b>Reception</b></p> <ul style="list-style-type: none"><li>- <b>Making healthy choices</b></li><li>- <b>Being persistent</b></li></ul> <p>Feel resilient and confident in their learning. Name and discuss different types of feelings and emotions. Learn and use strategies or skills in approaching challenges. Understand that they can make healthy choices. Name and recognise how healthy choices can keep us well.</p>	<p><b>Future learning LKS2</b> <b>Being My Best</b></p> <p>To recognise how different food groups work in our body. To explain how some infectious illnesses are spread from one person to another. To name major internal body parts and explain the respiratory process. To identify my achievements and skills to work on. To explain how skills are developed.</p>	<p>able to reflect courageously on their own emotions.</p> <p><b>Respect:</b> The importance of respecting everyone around us, even when their ideas or beliefs are different to ours, and having respect towards ourselves.</p> <p><b>Trust:</b> Understanding that all relationships require an element of trust. This means being able to share thoughts, feelings and emotions with those around us in a way where we would not feel judged or criticised.</p>
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