



# Medium Term Unit Planning

**Topic Name: - PSHE – Health and Wellbeing**

**Learning outcome:**

*The children will learn about physical health and mental wellbeing, specifically why sleep is important, medicines, vaccinations, keeping teeth healthy, managing feelings and asking for help. They will look at growing and changing, including growing older, naming body parts and moving class or year. They will also study about keeping safe, such as recognising risk in different situations, keeping safe in familiar and unfamiliar environments, how to respond in an accident and who's job it is to keep us safe.*

**Hook:**

*Visit from emergency services*

**Topic Showcase**

*Own presentation to the emergency services visitors*

**Oracy:**

*Engaging in discussion, asking and answering questions.*

**Key Vocabulary:**

*Physical health, mental wellbeing, sleep, rest, growing, medicines, vaccinations, teeth, dentist, mood, feelings, help,*

**Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.):**

*The Lion Inside, The Worrysaurus, The Littlest Yak, The Koala Who Could.*

**Citizenship/Community Opportunities:**

**(Focus – change in attitude/increase knowledge and awareness/make a difference)**

*Assembly focus and mental health awareness posters.*



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## Experiences/Visits/Visitors

Police Visit and activities

## Main Subjects covered: PSHE

## Threshold concepts

Physical Health and Mental Wellbeing

Growing and Changing

Keeping Safe

## Notes:

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
1. I can explain what a routine is and why it is beneficial for me.	Physical Health and Mental Wellbeing	I understand why sleep is important. I know what the term medicine. I can explain what being healthy means (body and teeth). I can manage my feelings and ask for help when needed.	What is a routine? Does anyone have a routine at home? Talk about routines the staff have. What do people do to relax? Would this be the same for everyone? What habits help you in your life? Is this physical, mental or both? Explain how sleep allows the body to recover. How is this beneficial? How does it impact growth and health?



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2. How medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies.	Physical Health and Mental Wellbeing	I understand why sleep is important. I know what the term medicine. I can explain what being healthy means (body and teeth). I can manage my feelings and ask for help when needed.	What is a vaccination? What does immunisation mean? What can they both do? What does immunity mean? Speak about allergies.
3. Teeth, dentist and routines	Physical Health and Mental Wellbeing	I understand why sleep is important. I know what the term medicine. I can explain what being healthy means (body and teeth). I can manage my feelings and ask for help when needed.	Who visits the dentist? What happens and why do we go? Talk about the importance of keeping teeth healthy. Show pictures of unhealthy teeth and the reasons behind them. Which foods and drink can affect mental health?
4. Our feelings inside and how to ask for help.	Physical Health and Mental Wellbeing	I understand why sleep is important. I know what the term medicine. I can explain what being healthy means (body and teeth). I can manage my feelings and ask for help when needed.	What are feelings? Discuss different types of feelings. Refer to growth mindset display and what we talk about in class. How can we share feelings? How can we describe them? Staff to share examples of feelings from experiences. What is regulating? What different ways do we do to calm down? Who do we know that can help us with our feelings? How could we help others?
5. Growing up (physically and mentally).	Growing and changing	I understand that growing older happens. I can name the different parts of our bodies. I can set achievable goals.	Show human life cycle. Who can explain this? Recap through 'Carnival of the Animals' examples. Talk through changes our body



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			makes. Children to list changes they know. Do any of these include mental changes? If not, speak about and illustrate how much they have grown up in this current academic year. What are the expectations? What are the new responsibilities?
6. Identifying body parts.	Growing and changing	I understand that growing older happens. I can name the different parts of our bodies. I can set achievable goals.	Talk through names of body parts. This includes external genitalia (e.g. vulva, vagina, penis, testicles).
7. Recognising risk in everyday situations and identifying unsafe situations	Keeping Safe	I can understand how to keep safe in different situations. I know the risk and safety of at home. I know what to do in an emergency and who to contact.	What is risk? Show pictures of scenarios where there could be risk. What is too risky? What ways do we keep ourselves safe? This includes online, school out and about etc. What to do if you feel unsafe. Who to contact and where to go. What could be unsafe at home? This includes fire, medicines, electrical appliances etc. What to do in an emergency. Name the people to help and what number to dial. What to say when the phone is answered.
8. Medicines and creams.	Keeping Safe	I can understand how to keep safe in different situations. I know the risk and safety of at home. I know what to do in an	What medicines and creams have they heard of? What do medicines do? What do creams do? If put into our body, what affect could it have?



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		emergency and who to contact.	
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