



Medium Term Unit Planning

Topic Name: PSHE (Term 3) Health and Well Being

Learning outcome:

By the end of this PSHE scheme the children will have a developed and good understanding of how to form healthy and stable relationships with those around them. They will also know how to live a healthy life focussing on their mental and physical well-being.

Hook: Teachers stage an argument.

Topic Showcase (e.g. display, museum, performance, presentation)

Oracy: Each PSHE lesson gives the opportunity to speak and voice their own views and personal experiences

Key Vocabulary: Friendship, Relationships, family, life style, healthy, well being

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

**Be Kind
Being Ted
Life is like a River
You are brilliant**



Medium Term Unit Planning

Citizenship/Community Opportunities:

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

Experiences/Visits/Visitors

Main Subjects covered: PSHE

Subject 1 Threshold concepts

PSHE

Try new things

This concept involves appreciating the range of life opportunities.

Work hard

This concept involves understanding the importance of effort.

Concentrate

This concept involves understanding how to become focused.

Push oneself

This concept involves understanding how to overcome doubts and insecurities.

Imagine

This concept involves understanding how to apply knowledge inventively.

Improve

This concept involves an appreciation that small improvements make big differences.



Medium Term Unit Planning

Understand others

This concept involves an appreciation of others.

Not give up

This concept involves the understanding of the importance of persistence.

Notes:

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
<p>1. Physical health and Mental wellbeing</p>	<p>Try new things This concept involves appreciating the range of life opportunities.</p> <p>Work hard This concept involves understanding the importance of effort.</p> <p>Concentrate This concept involves understanding how to become focused.</p> <p>Push oneself This concept involves understanding how to overcome doubts and insecurities.</p> <p>Imagine This concept involves understanding how to apply knowledge inventively.</p>	<ul style="list-style-type: none"> ○ Health choices and habits; what affects feelings; expressing feelings. 	<p>About the choices that people make in daily life that could affect their health</p> <ul style="list-style-type: none"> • to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep) • what can help people to make healthy choices and what might negatively influence them



Medium Term Unit Planning

	<p>Improve This concept involves an appreciation that small improvements make big differences.</p> <p>Understand others This concept involves an appreciation of others.</p> <p>Not give up This concept involves the understanding of the importance of persistence.</p>		
<p>2. Physical health and Mental wellbeing</p> <ul style="list-style-type: none"> ○ 	<p>Try new things This concept involves appreciating the range of life opportunities.</p> <p>Work hard This concept involves understanding the importance of effort.</p> <p>Concentrate This concept involves understanding how to become focused.</p> <p>Push oneself This concept involves understanding how to overcome doubts and insecurities.</p> <p>Imagine This concept involves understanding how to apply knowledge inventively.</p>	<ul style="list-style-type: none"> ○ Health choices and habits; what affects feelings; expressing feelings. 	<ul style="list-style-type: none"> ○ About habits and that sometimes they can be maintained, changed or stopped <p>The positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle.</p>



Medium Term Unit Planning

	<p>Improve This concept involves an appreciation that small improvements make big differences.</p> <p>Understand others This concept involves an appreciation of others.</p> <p>Not give up This concept involves the understanding of the importance of persistence.</p>		
<p>3. Physical health and Mental wellbeing</p>	<p>Try new things This concept involves appreciating the range of life opportunities.</p> <p>Work hard This concept involves understanding the importance of effort.</p> <p>Concentrate This concept involves understanding how to become focused.</p> <p>Push oneself This concept involves understanding how to overcome doubts and insecurities.</p> <p>Imagine This concept involves understanding how to apply knowledge inventively.</p>	<ul style="list-style-type: none"> o Health choices and habits; what affects feelings; expressing feelings. 	<p>What is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally</p> <ul style="list-style-type: none"> • that regular exercise such as walking or cycling has positive benefits for their mental and physical health



Medium Term Unit Planning

	<p>Improve This concept involves an appreciation that small improvements make big differences.</p> <p>Understand others This concept involves an appreciation of others.</p> <p>Not give up This concept involves the understanding of the importance of persistence.</p>		
<p>4. Physical health and Mental wellbeing</p>	<p>Try new things This concept involves appreciating the range of life opportunities.</p> <p>Work hard This concept involves understanding the importance of effort.</p> <p>Concentrate This concept involves understanding how to become focused.</p> <p>Push oneself This concept involves understanding how to overcome doubts and insecurities.</p> <p>Imagine This concept involves understanding how to apply knowledge inventively.</p>	<ul style="list-style-type: none"> o Health choices and habits; what affects feelings; expressing feelings. 	<p>About the things that affect feelings both positively and negatively</p> <ul style="list-style-type: none"> • strategies to identify and talk about their feelings • about some of the different ways people express feelings e.g. words, actions, body language <ul style="list-style-type: none"> • to recognise how feelings can change overtime and become more or less powerful



Medium Term Unit Planning

	<p>Improve This concept involves an appreciation that small improvements make big differences.</p> <p>Understand others This concept involves an appreciation of others.</p> <p>Not give up This concept involves the understanding of the importance of persistence.</p>		
<p>5. Growing and changing</p>	<p>Try new things This concept involves appreciating the range of life opportunities.</p> <p>Work hard This concept involves understanding the importance of effort.</p> <p>Concentrate This concept involves understanding how to become focused.</p> <p>Push oneself This concept involves understanding how to overcome doubts and insecurities.</p> <p>Imagine This concept involves understanding how to apply knowledge inventively.</p>	<ul style="list-style-type: none"> o Personal strengths and achievements; managing and reframing setbacks 	<p>That everyone is an individual and has unique and valuable contributions to make</p> <ul style="list-style-type: none"> • to recognise how strengths and interests form part of a person's identity • how to identify their own personal strengths and interests and what they're proud of (in school, out of school)



Medium Term Unit Planning

	<p>Improve This concept involves an appreciation that small improvements make big differences.</p> <p>Understand others This concept involves an appreciation of others.</p> <p>Not give up This concept involves the understanding of the importance of persistence.</p>		
<p>6. Growing and changing</p>	<p>Try new things This concept involves appreciating the range of life opportunities.</p> <p>Work hard This concept involves understanding the importance of effort.</p> <p>Concentrate This concept involves understanding how to become focused.</p> <p>Push oneself This concept involves understanding how to overcome doubts and insecurities.</p> <p>Imagine This concept involves understanding how to apply knowledge inventively.</p>	<ul style="list-style-type: none"> o Personal strengths and achievements; managing and reframing setbacks 	<p>To recognise common challenges to self-worth e.g. finding school work difficult, friendship issues</p> <ul style="list-style-type: none"> • basic strategies to manage and reframe setbacks e.g. asking for help, focusing on what they can learn from a setback, remembering what they are good at, trying again.



Medium Term Unit Planning

	<p>Improve This concept involves an appreciation that small improvements make big differences.</p> <p>Understand others This concept involves an appreciation of others.</p> <p>Not give up This concept involves the understanding of the importance of persistence.</p>		
<p>7. Keeping safe</p>	<p>Try new things This concept involves appreciating the range of life opportunities.</p> <p>Work hard This concept involves understanding the importance of effort.</p> <p>Concentrate This concept involves understanding how to become focused.</p> <p>Push oneself This concept involves understanding how to overcome doubts and insecurities.</p> <p>Imagine This concept involves understanding how to apply knowledge inventively.</p>	<ul style="list-style-type: none"> o Risks and hazards; safety in the local environment and unfamiliar places 	<p>How to identify typical hazards at home and in school</p> <ul style="list-style-type: none"> • how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen • about fire safety at home including the need for smoke alarms • the importance of following safety rules from parents and other adults • how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety



Medium Term Unit Planning

	<p>Improve This concept involves an appreciation that small improvements make big differences.</p> <p>Understand others This concept involves an appreciation of others.</p> <p>Not give up This concept involves the understanding of the importance of persistence.</p>		
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--