



# Medium Term Unit Planning

<b>Topic Name:</b> PSHE – Health and Well Being	
<b>Learning outcomes:</b> Children will learn about maintaining a healthy lifestyle, including oral hygiene and dental care. They will understand physical and emotional changes in puberty; external genitalia; personal hygiene routines and be given support with puberty. They will learn about medicines and household products as well as drugs common to everyday life.	
<b>Hook:</b>	<b>Topic Showcase (e.g. display, museum, performance, presentation):</b> Teeth and Eating Assembly for KS2
<b>Oracy:</b> Engaging in discussion, asking and answering questions.	<b>Key Vocabulary:</b> Healthy lifestyle, food groups, protein, carbohydrates, vitamins, fitness, mental well being, medication, dosage, prescription, oral hygiene, dental floss, fluoride, genitalia, menstruation, erections, wet dreams, e-cigarettes, vaping
<b>Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.):</b> Tooth By Tooth: Comparing Fangs, Tusks and Chompers by Sara C Levine Dentist Dan by Shel Silverstein Demon Dentist by David Walliams	
<b>Citizenship/Community Opportunities (Focus – change in attitude/increase knowledge and awareness/make a difference):</b>	
<b>Experiences/Visits/Visitors:</b> Visit from a dentist/dental hygienist	



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<b>Main subjects covered:</b> PSHE			
<b>PSHE threshold concepts:</b> Physical Health and Wellbeing Growing and Changing Keeping Safe			
<b>Notes:</b>			
Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
1. How to maintain a healthy body and mind.	Physical Health and Wellbeing	To understand how to maintain a healthy lifestyle.	To list factors that help maintain a healthy physical and mental lifestyle. Are they different or the same? Discuss diet, exercise, stimulus, environment, relationships.
2. How can we maintain good physical health?	Physical Health and Wellbeing	To understand how to maintain a healthy lifestyle.	To recognise what good physical health means and how to recognise early signs of physical illness Discuss how common illnesses can be quickly and easily treated with the right care e.g.



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			visiting the doctor when necessary, taking appropriate medication, rest, fluids etc.
3. Why is it important to look after our teeth?	<b>Physical Health and Wellbeing</b>	To understand the importance of good oral and dental hygiene.	Visit from a dentist/dental hygienist. Children to listen to the advice of the visitor and discover how to maintain oral hygiene and dental health, including how to brush and floss correctly. They will hear about the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health. Link to the Science topic on Teeth and Eating and use materials to prepare for Assembly. Children to video interaction with the visitor.
4. To identify external genitalia and reproductive organs.	<b>Growing and Changing</b>	To understand physical and emotional changes during puberty including identifying external genitalia.	Have a protocol discussion and agree on acceptable behaviours and reactions to sensitive and possibly embarrassing content, having already shared content with parents.



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			The children will identify and name external genitalia and reproductive organs.
5. Am I ok? Is this normal? Understanding puberty.	<b>Growing and Changing</b>	To understand physical and emotional changes during puberty including identifying external genitalia. To know how to get support with puberty.	A discussion about the physical and emotional changes during puberty and how to cope with them. The children will be given advice on how to have a conversation about puberty with a trusted adult and be signposted where else they can get advice.
6. Understanding the menstrual cycle, erections and wet dreams.	<b>Growing and Changing</b>	To understand physical and emotional changes during puberty including identifying external genitalia. To know how to get support with puberty.	The children will be given the key facts about the menstrual cycle and menstrual well-being. They will also have explanations about erections, wet dreams and how all of this is a natural part of puberty and our bodies preparing for adulthood.
7. To understand the importance of a good personal hygiene routine.	<b>Growing and Changing</b>	To know the importance of personal hygiene routines.	Discuss children's personal hygiene routines. The types of deodorant they use, aftershaves etc. Discuss the importance of



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			personal hygiene routines particularly during puberty.
8. To understand how to take medicines safely and the appropriate use of household products.	<b>Keeping Safe</b>	To learn about medicines and household products	Gather information on which medicines the children are aware of and discuss why and when they would take them. Discuss dosage and why it is important. Look at a selection of household products such as bleach and look at labelling and usage advice.
9. To understand the impact of everyday, legal drugs	<b>Keeping Safe</b>	To identify and understand the effects of drugs common to everyday life.	Have a discussion about how drugs common to everyday life (e.g. cigarettes, e cigarettes/vaping, alcohol and medicines) can affect health and wellbeing. Also identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects. Discuss legality and age limits.
10. To understand the risks of taking drugs irresponsibly.	<b>Keeping safe</b>	To identify the risks with drugs and to identify areas of support.	Children will discover that for people using drugs, it can become a habit which is difficult



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			to break. Signpost the children the correct people to talk to if they are concerned about this issue and where to seek help or advice.
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