



Medium Term Unit Planning

Topic Name: PSHE – Health and Wellbeing	
Learning outcome: The children will learn about physical health and mental wellbeing, specifically healthy sleep habits, sun safety, medicines, vaccinations, immunisation and allergies. They will look at growing and changing, including personal identity, recognising individuality and different qualities and mental wellbeing. Finally, they will learn about keeping safe, specifically keeping safe in different situations, including responding in emergencies, first aid and FGM.	
Hook: Share surprising facts about sleep.	Topic Showcase (e.g. display, museum, performance, presentation): Create Kahoot quiz about health and wellbeing for other children to complete.
Oracy: Engaging in discussion, asking and answering questions.	Key Vocabulary: Physical health, mental wellbeing, safety, medication, vaccinations, immunisation, allergies, identity, individuality, emergencies, first aid, FGM.
Key Texts (whole class reading/end of the day book/Talk for Writing Texts etc.): <ul style="list-style-type: none">Ruby's Worry by Tom Percival.	
Citizenship/Community Opportunities (Focus – change in attitude/increase knowledge and awareness/make a difference): The children to talk in assembly about their 'Health and Wellbeing' learning.	
Experiences/Visits/Visitors: Mindfulness session	



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Main subjects covered: PSHE			
PSHE threshold concepts: Physical health and mental wellbeing Growing and changing Keeping safe			
Notes: This scheme of work will be structured around Health and wellbeing including physical health and mental wellbeing, growing and changing and keeping safe.			
Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
1. To identify healthy sleep strategies.	Physical health and mental wellbeing	Have an awareness of healthy sleep habits, sun safety, medicines, vaccinations, immunisation and allergies.	Discuss how sleep contributes to a healthy lifestyle. Identify healthy sleep strategies and how to maintain them.
2. To understand the benefits of being outdoors and the risk in relation to sun exposure.	Physical health and mental wellbeing	Have an awareness of healthy sleep habits, sun safety, medicines, vaccinations,	Talk about the benefits of being outdoors and in the sun for physical and mental health. Discuss how to manage risk in



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		immunisation and allergies.	relation to sun exposure, including skin damage and heat Stroke.
3. To understand how and when medication is used to contribute to health.	Physical health and mental wellbeing	Have an awareness of healthy sleep habits, sun safety, medicines, vaccinations, immunisation and allergies.	Explain how medicines can contribute to health and how allergies can be managed.
4. To know what vaccinations/immunisations are.	Physical health and mental wellbeing	Have an awareness of healthy sleep habits, sun safety, medicines, vaccinations, immunisation and allergies.	Discuss how some diseases can be prevented by vaccinations and immunisations.
5. To be aware of strategies to prevent the spread of bacteria and viruses.	Physical health and mental wellbeing	Have an awareness of healthy sleep habits, sun safety, medicines, vaccinations,	Talk about how bacteria and viruses can affect health. Discuss strategies for preventing the spread of bacteria and viruses with everyday hygiene



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		immunisation and allergies.	routines.
6. To appreciate human's responsibility of keeping the environment clean.	Physical health and mental wellbeing	Have an awareness of healthy sleep habits, sun safety, medicines, vaccinations, immunisation and allergies.	Discuss shared responsibility of keeping a clean environment.
7. To understand personal identity and what contributes to it.	Growing and changing	Understand personal identity, recognising individuality and different qualities and mental wellbeing.	Talk about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes.
8. To understand what is meant by gender identity.	Growing and changing	Understand personal identity, recognising individuality and different qualities and mental wellbeing.	Discuss that for some people their gender identity does not correspond with their biological Sex.



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<p>9. To recognise how personal identity can be expressed.</p>	<p>Growing and changing</p>	<p>Understand personal identity, recognising individuality and different qualities and mental wellbeing.</p>	<p>Talk about how to recognise, respect and express their individuality and personal qualities.</p>
<p>10. To know how to improve emotional wellbeing.</p>	<p>Growing and changing</p>	<p>Understand personal identity, recognising individuality and different qualities and mental wellbeing.</p>	<p>Discuss ways to boost their mood and improve emotional wellbeing. Talk about the link between participating in interests, hobbies and community groups and mental wellbeing.</p>
<p>11. To identify risky, unsafe and emergency situations and differentiate between positive risk taking and dangerous behaviour.</p>	<p>Keeping safe</p>	<p>Understand how to keep safe in different situations, including responding in emergencies, first aid and FGM.</p>	<p>Identify when situations are becoming risky, unsafe or an emergency and on which occasions they can help take responsibility for their own safety. Differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour.</p>



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<p>12. To know basic first aid techniques and how to contact the emergency services.</p>	<p>Keeping safe</p>	<p>Understand how to keep safe in different situations, including responding in emergencies, first aid and FGM.</p>	<p>Discuss and demonstrate how to deal with common injuries using basic first aid techniques. Talk about how to respond in an emergency, including when and how to contact different emergency services.</p>
<p>13. To know what FGM is and whom to talk to if they feel at risk.</p>	<p>Keeping safe</p>	<p>Understand how to keep safe in different situations, including responding in emergencies, first aid and FGM.</p>	<p>Talk about female genital mutilation (FGM), how it is against British law and what to do and whom to tell if they think they or someone they know might be at risk of FGM.</p>