

Leintwardine Endowed CE Primary School Learning Journey Itinerary

‘Letting Our Light Shine’

SUBJECT : PSHE –It’s my body	YEAR : B	TERM: Summer 2	YEAR GROUPS : 1/2
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Key Question: Why is it important to look after my body?

Previous Knowledge – We would expect children to already be able to:

- How to keep clean
- The importance of handwashing, showering
- What our bodies need to stay healthy
- Have a basic understanding of food groups

END OF UNIT OBJECTIVES

<p>Some children will not yet have met what is expected and will show that they are emerging because they can:</p> <ul style="list-style-type: none"> • explain how much sleep they need; • discuss why exercise is good for them; • understand they can choose what happens to their bodies; • list healthy snacks; • know to ask a trusted adult if uncertain about whether something is safe to eat or drink; • demonstrate hygienic ways to look after their bodies 	<p>Most children will show that they have reached the expected level because they can:</p> <ul style="list-style-type: none"> • describe their daily bedtime routine; • explain what happens if you do not exercise regularly; • explain that other people have rights for their own body; • list some foods that are good to have once a week; • identify hazard signs that mean something is dangerous; • explain what germs are and why people need to keep clean. 	<p>Some children will have gone beyond the expected level and will show that they are exceeding because they can:</p> <ul style="list-style-type: none"> • explain how exercise helps us feel happy; • explain how getting enough sleep helps us to feel good; • verbalise the difference between small and serious problems; • explain that some foods are more nutritious than others; • know what is not safe to eat or drink; • explain that there are good and bad germs, and that we need to protect against the bad ones.
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ASSESSMENT OPPORTUNITIES

- Contributions to class discussion
- Completed worksheets
- Photographed activities on Seesaw

<p>ENRICHMENT OPPORTUNITIES Helping children to remember more</p> <p>Working in groups Food tasting Design a healthy meal Role play area, kitchen, dentist, doctors or restaurant</p>	<p>SUBJECT SPECIFIC VOCABULARY</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">My body, rules, safe, private, physical contact, respect, underwear, permission, adults, secrets, unsafe, worried, safe, comfortable, active, asleep, rest, relax,</td> <td style="width: 50%; padding: 5px;">play, hygiene, physically healthy, clean, medicine, vaccinations, spreading, allergy, risks, actions, harms, safe, choices, health</td> </tr> </table>	My body, rules, safe, private, physical contact, respect, underwear, permission, adults, secrets, unsafe, worried, safe, comfortable, active, asleep, rest, relax,	play, hygiene, physically healthy, clean, medicine, vaccinations, spreading, allergy, risks, actions, harms, safe, choices, health	<p>CROSS-CURRICULAR LINKS Links that we can make to help children make sense of what we want them to know and be able to do.</p>
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