

Leintwardine Endowed CE Primary School Learning Journey Itinerary

'Letting Our Light Shine'

SUBJECT : PSHE

YEAR : A

TERM : Spring 2

YEAR GROUPS : 3/4

Key Question: How can I look after my body?

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

Explain how they keep themselves clean.

Explain why exercise is important.

Describe a healthy, varied diet.

END OF UNIT OBJECTIVES

Some children will not yet have met what is expected and will show that they are emerging because they can:

- understand the importance of sleep, exercise and healthy eating.
- discuss what happens to muscles when we exercise them.
- understand they can choose what happens to my body and know when a 'secret' should be shared.
- explain that too much sugar is bad for health.
- know the difference between medicine and harmful drugs and chemicals.
- explain how germs travel and spread disease.
- identify ways to protect myself from ill health.

Most children will show that they have reached the expected level because they can:

- understand the importance of sleep, exercise and healthy eating.
- discuss what happens to muscles when we exercise them.
- understand they can choose what happens to my body and know when a 'secret' should be shared.
- explain that too much sugar is bad for health.
- know the difference between medicine and harmful drugs and chemicals.
- explain how germs travel and spread disease.
- identify ways to protect myself from ill health.
- list some of the effects of sleep deprivation.
- explain the effect of exercise on the heart.
- know how to get help for themselves or another in the case of serious problems.
- explain why eating a balanced diet is important.
- know how to check medicine instructions.
- know how to inhibit the spread of germs.
- explain the importance of vaccinations and immunisations.

Some children will have gone beyond the expected level and will show that they are exceeding because they can:

- understand the importance of sleep, exercise and healthy eating.
- discuss what happens to muscles when we exercise them.
- understand they can choose what happens to my body and know when a 'secret' should be shared.
- explain that too much sugar is bad for health.
- know the difference between medicine and harmful drugs and chemicals.
- explain how germs travel and spread disease.
- identify ways to protect myself from ill health.
- list some of the effects of sleep deprivation.
- explain the effect of exercise on the heart.
- know how to get help for themselves or another in the case of serious problems.
- explain why eating a balanced diet is important.
- know how to check medicine instructions.
- know how to inhibit the spread of germs.
- explain the importance of vaccinations and immunisations.
- describe how a bedtime routine improves the chance of a good night's sleep.
- explain why muscles tremble when fatigued.
- know the signs of serious problems.
- explain why eating a rainbow of food increases minerals and micronutrient intake.
- explain what different hazard signs mean.
- explain the difference between bacterial and viral infections.

ASSESSMENT OPPORTUNITIES

Lesson discussions, Quizzes, worksheets completed.

ENRICHMENT OPPORTUNITIES

SUBJECT SPECIFIC VOCABULARY

CROSS-CURRICULAR LINKS

Helping children to remember more

choice, consent, guidelines, Childline, consequences, independence, decide, decision, problem, healthy, exercise, heart, head, muscles, balanced, diet, heart rate, saturated, protein, hydrated, hormones, vitamins, minerals, sleep, eat, drink, sleep, sleep deprivation, sleep hygiene, disorientated, routine, bedtime, hallucinating, paranoid, relax, body, mind, drugs, legal, illegal, tobacco, nicotine, alcohol, caffeine, restricted, addiction, habit, cigarettes, e-cigarettes, vaping, medicines, prescription, healing, harmful, health, risk, antibiotics, immune, emergency, syringe, pills, tablets

Links that we can make to help children make sense of what we want them to know and be able to do.