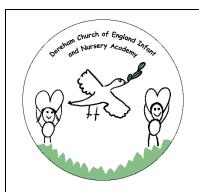
Dereham Church of England Infant and Nursery Academy- PSHE





Year group: Reception - Spring 2 Area/topic: Healthy Me

(objectives from NC/ELG/Development matters)

Children will be able to;

- Manage their own personal hygiene
- · Talk about factors that will influence their overall heath and well being
- · Talk about healthy eating
- · Talk about toothbrushing
- · Talk about why they should have sensible amounts of "screen time"
- · Talk about why they need a good sleep routine
- · Talk about being a safe pedestrian

Prior learning	Future learning
Children will be able to express their own ideas	Children will begin to make controlled healthy
about what being healthy means. They will begin	choices for themselves and understand why they
to talk about and name parts of their body.	need to do this. Children will be able to manage
They will become more aware about what their	their own personal hygiene and explain why this
body needs to grow and what choices they can	is important. Children will be able to talk about
make with regards to food and drink.	why some foods/drinks are healthier than others
	and the need for a balanced diet. Children will
	be able to talk about how they can be a safe
	pedestrian.

What pupils need to know or do to be secure		
Key knowledge and skills		Possible evidence
Outcome: Physical Health School Value: Peace		Quotes from discussion Pictures drawn by children with quotes Photos and quotes taken
Philosophical Question: Why do we need sleep?		during continuous provision.
 I know why I need to be active and have plenty of exercise I know that some foods are healthier choices and that I need to eat a balanced diet I know that I need to keep my body clean and wash my hands after using the toilet I know why I need to keep my teeth clean I know how to be a safe pedestrian. I know how what to do if I am lost and what to do if approached by a stranger 		
Key vocabulary		
Healthy, active, exercise, vegetables, fruit, food groups, teeth, stranger, pedestrian, hygiene germs		
Common misconceptions	Books linking to this	area
Children may take the idea of a balanced diet to mean that you can never eat "unhealthy" foods.	All through the night	
The quickest bedtime story ever.		story ever.

Children may think if they see a person regularly, then they know them.	
Memorable first hand experiences	Opportunities for communication
Visit from a dentist	Circle time discussion
Visit from road safety [Olly Day]	During continuous provision
	During drama activities
	Singing together
	Songs
	"Brush your teeth" [BBC Radio Nursery rhymes"
	"Good foods" Jack Hartman
	https://youtu.be/5dR 22hbln6w
	"Keep bad germs away" Jack Hartman
	https://youtu.be/2uOqhSOry0I
	"Stranger Danger" song
	https://youtu.be/92HCKfYakLU
	"When I walk down the road"
	https://youtu.be/Oj9E3YUeh8Y

Dereham Church of England Infant and Nursery Academy Reasonable adjustments for pupils with SEND

Communication and Interaction

simplified steps songs/videos smaller groups using puppets

"Time to talk" resource [for ASD/children with communication and understanding difficulties].

Cognition and Learning

social stories

real life experiences

songs/videos

smaller groups

using puppets

"Time to talk" resource [for ASD/children with communication and understanding difficulties].

Social, Emotional and Mental health
Visual/practical activities
be aware of home life/experiences
have a trusted adult to talk to them

Sensory and Physical explore ideas with visuals/equipment to reduce the need for vocalised communication [signing]