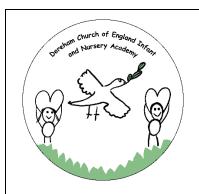
Dereham Church of England Infant and Nursery Academy- PSHE





Year group: Year I - Spring 2

Area/topic: Healthy Me

(objectives from NC/ELG/Development matters)

I know the difference between healthy and unhealthy choices

I know how to keep myself clean and healthy

I know that germs can cause illness and disease

I know that medicines can help me when I am poorly and how to use them safely

I know how to be safe crossing a road

I know which people will help me when I don't feel safe

Prior learning

Future learning

Children can make controlled healthy choices for themselves and understand why they need to do this. Children can manage their own personal hygiene and explain why this is important. Children can talk about why some foods/drinks are healthier than others and the need for a balanced diet. Children can talk about how they can be a safe pedestrian.

I am able to explain some ways I know that will keep me healthy, I can talk about medicines that can help me when I am poorly and know that some substances around the house can be dangerous. I know how to cross a road safely and can talk about ways I can keep myself safe. I can explain adults I can turn to for help if I am not feeling safe.

What pupils need to know or do to be secure		
Key knowledge and skills	Possible evidence	
Outcome: Physical Health Safety School Value: Peace	Observing children when faced with a challenge. Observing children when they are given a partner task.	
Philosophical Question: What makes you 'you'? I can talk about ways to keep healthy I know that germs cause illness and disease and that keeping clean helps me to stay healthy [discuss products used to keep clean]. I know that medicines can help me if I am poorly [talk about only taking medicines directed by an adult and that someone elses medicine can be dangerous to you]. I can talk about substances/household items that can be unsafe if not used correctly I can talk about healthy food choices and can explain what a "balanced diet" means I can talk about being safe when crossing a road/stranger danger I know who I can talk to if I don't feel safe.	Talking to children about what might help them/how they could help themselves. Role play/drama Philosophy During discussion	
Key wocabulary Healthy/unhealthy Balanced diet Choices Germs		

Disease	
Common misconceptions	Books linking to this area
Children may think all medicines are good for you. Children may not have a clear understanding of what a stranger is.	Incredible You
Memorable first hand experiences	Opportunities for communication
Visit by dentist/road safely [Olly Day] Making healthy fruit smoothies	 During discussion [whole class or small group] During "Philosophy" During drama When planning and working in teams Planning and working with a partner

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

Communication and Interaction

simplified steps songs/videos smaller groups

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

using puppets

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]