

Eastbury Primary School: PSHE medium term plan Year 1

SUBJECT: PSHE							
Autumn		Spring				Summer	
<p>Topic Title: Healthy me</p> <p>Article 24</p> <p>Objectives Know the difference between healthy and unhealthy choices. Know the dangers of germs and illnesses. Know dangerous household objects. Know how medicines help you. Know the dangers of the road</p> <p>Key Skills: Know skills to make healthy choices. To know how to wash my hands and body. To identify dangerous household objects. Know the steps before crossing the road</p> <p>Key vocabulary: Healthy, unhealthy, fats, carbohydrates, protein, fruit and vegetables, balanced</p>	<p>PSHE Taught through Votes for schools once a week</p> <p>Article 19</p> <p>Topic Title: Anti-Bullying Week</p> <p>Objectives To identify signs of bullying and what we can do to stop it for ourselves and others</p> <p>Activities Depends on the theme for that year</p> <p>Topic Title: Domestic violence awareness day</p> <p>Objectives To understand and challenge gender expectations</p> <p>Activities Use toys to challenge stereotypes held my children</p>	<p>PSHE Taught through Votes for schools once a week</p> <p>Article 19 Article 31</p> <p>Topic Title: Children's Mental Health Week</p> <p>Objectives To understand how our mental health is important and strategies to help our mental health</p> <p>Activities Depend on the theme for that year</p> <p>Topic Title: Safer internet week</p> <p>Objectives To understand how to be safe online and make good choices about how to interact online</p>	<p>PSHE Taught through Votes for schools once a week</p> <p>Article 38 And all of them</p> <p>Topic Title: Peace Day</p> <p>Objectives To understand what peace is and issues that effect the world</p> <p>Activities Depend on the theme for that year</p>	<p>Topic Title: Relationships</p> <p>Article 15 Article 16 Article 21 Article 22 Article 25</p> <p>Key knowledge: To know that you belong to a family and that there are different types. To know how to make friends and ways of greeting people. To know who to ask help from. To recognise good qualities of a person.</p> <p>Key Skills: To tolerate others and their different families. To know which greeting would be most appropriate to certain individuals.</p>	<p>Topic Title: Changing me</p> <p>Article 19 Article 31</p> <p>Key knowledge: To know lifecycle of animals and humans. To know the difference between me and my peers, know the differences between boys and girls.</p> <p>Key Skills: To understand the changes that I'm going through and to stay calm about this.</p> <p>Key vocabulary: Vagina, penis. Stereotypes, baby, toddler, child, teenage, adult, elderly.</p>		

<p>diet, soap, water, shower, bath, bleach, pills, cream</p>	<p>Topic Title: Black History Month</p> <p>Objectives To celebrate significant black figures and the diversity in our school.</p> <p>Activities: To research and create a written piece about a significant black figure</p> <p>Topic Title: children's rights day</p> <p>Objectives To understand children's rights with a global perspective</p> <p>Activities Depends on the theme for that year</p>	<p>Activities: Depend on the theme for that year</p>		<p>To praise myself and others</p> <p>Key vocabulary: Mum, dad, brother, sister, step-dad, step mum etc. , qualities, greetings, handshake, hug, kiss</p>	
<p>Lesson 1:</p> <p>Objective: I understand the difference between being healthy and unhealthy, and</p>				<p>Lesson 1:</p> <p>Objective: To identify the members of my family and understand</p>	<p>Lesson 1:</p> <p>Objective: start to understand the life</p>

<p>know some ways to keep myself healthy</p> <p>Activity: Miming messages for a healthy lifestyle and creating a do the healthy balance Sum</p>				<p>that there are lots of different types of families</p> <p>Activity: Introduce different types of families. Chn to draw and label their own family</p>	<p>cycles of animals and humans</p> <p>Activity: Children to arrange life cycle cards</p>	
<p>Lesson 2</p> <p>Objective: Know how to make healthy lifestyle choices</p> <p>Activity: Draw pictures around the boy of the healthy choices he could make</p>				<p>Lesson 2</p> <p>Objective: To identify what being a good friend means to me</p> <p>Activity: sorting qualities of a good friend into true and false</p>	<p>Lesson 2</p> <p>Objective: To understand some basic hygiene principles</p> <p>Activity: Use objects to explain the daily routine of a child and to be hygienic</p>	
<p>Lesson 3</p> <p>Objective: know how to keep myself clean and healthy, and understand how germs cause disease/ illness know that all</p>				<p>Lesson 3</p> <p>Objective: To know appropriate ways of physical contact to greet my friends and know which ways I prefer</p>	<p>Lesson 3</p> <p>Objective: To introduce concept of growing and changing</p>	

<p>household products including medicines can be harmful if not used properly</p> <p>Activity: Sort household objects into rooms and mark as safe and unsafe</p>				<p>Activity: Teacher to roleplay different ways of greeting people. Discuss appropriateness for different types of relationships</p>	<p>Activity: Discuss how we know the babies are boys or girls and the life cycle of a human</p>	
<p>Lesson 4</p> <p>Objective: understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>Activity: Working in groups of 3 or 4, children look at the picture cards of things we put into our bodies and decide whether they go into the 'always healthy/safe' pile, the 'never healthy/ safe' pile or the 'OK sometimes' pile.</p>				<p>Lesson 4</p> <p>Objective: know who can help me in my school community</p> <p>Activity: Using scenario cards chn work out who is the best to help them in the school community</p>	<p>Lesson 4</p> <p>Objective: To explore different types of families and who to ask for help</p> <p>Activity: To discuss different types of families and discuss who we can ask for help from in different scenarios</p>	
<p>Lesson 5</p> <p>Objectives</p>				<p>Lesson 5</p> <p>Objectives</p>	<p>Lesson 5</p> <p>Objectives</p>	

<p>know how to keep safe when crossing the road, and about people who can help me to stay safe</p> <p>Activity: Use the hall or outside to practise the 6 steps for crossing the road</p>				<p>recognise my qualities as a person and a friend</p> <p>Activity: Give each child a picture frame template and invite them to draw a picture entitled 'The Incredible Me'. Underneath it ask them to complete the sentence 'I am incredible because...'</p>	<p>understand that every time I learn something new I change a little bit</p> <p>Activity: Give each of the children a flower template. In each of the petals the children draw something they have learnt that has helped them to grow.</p>	
<p>Lesson 6</p> <p>Objective: To tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>Activity: Complete assessment activity</p>				<p>Lesson 6</p> <p>Objective: tell you why I appreciate someone who is special to me</p> <p>Activity: Complete assessment activity</p>	<p>Lesson 6</p> <p>Objective: know some ways to cope with changes</p> <p>Activity: Complete assessment activity</p>	