

PSHE Medium Term Planning – HEALTH, WELLBEING AND THE CHANGING BODY – Summer 2

(Lessons refer to Kapow PSHE & RSE Resource)

Year One – PSHE & RSE Health, Wellbeing and Changing Body

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> • Learning how to wash my hands properly. • Learning how to deal with an allergic reaction. • Exploring positive sleep habits. • Exploring two different methods of relaxation: progressive muscle relaxation and laughter. • Exploring health-related jobs and people who help look after our health. • Identifying personal strengths and qualities. • Identifying different ways to manage feelings. 	<ul style="list-style-type: none"> • To understand we can limit the spread of germs by having good hand hygiene. • To know the five S's for sun safety: slip, slop, slap, shade, sunglasses. • To know that certain foods and other things can cause allergic reactions in some people. • To know that sleep helps my body to repair itself, to grow and restores my energy. • To know that strengths are things we are good at. • To know that qualities describe what we are like. • To know the words to describe some positive and negative emotions.

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p>Health and prevention</p> <p>Physical health and wellbeing</p> <p>Mental wellbeing</p>	<p>Lesson 1 - Understanding my emotions. Understanding that we experience a range of emotions, pupils learn to describe their feelings and some simple strategies for managing them.</p> <p>Lesson 2 – What am I like? Children learn the importance of respects, identifying their own strengths and qualities and looking at areas for personal development.</p> <p>Lesson 3 – Ready for bed. Pupils learn the effects of good quality sleep and ways to develop positive sleeping habits.</p> <p>Lesson 4 – Relaxation. Children learn two relaxation techniques: laughter and progressive muscle relaxation and when each technique might be useful.</p>	<p>Feeling</p> <p>Emotion</p> <p>Help</p> <p>Happy</p> <p>Sad</p> <p>Angry</p> <p>Worried</p> <p>Skill</p> <p>Qualities</p> <p>Strengths</p> <p>Better</p> <p>Sleep</p> <p>Rest</p> <p>Routine</p>

	<p>Lesson 5 - Hand washing and personal hygiene. Children begin to understand how germs are spread, how we can stop them spreading and how to wash their hands effectively.</p> <p>Lesson 6- Sun safety. Children learn the benefits and risks associated with sun exposure and how to protect themselves from the risks.</p> <p>Lesson 7 – Allergies. Children learn that certain foods and other things can cause allergic reactions in some people and what to do if they or their friend suffers an allergic reaction.</p> <p>Lesson 8 – People who help keep us healthy. Learning about people in the local community who help to keep us healthy.</p>	<p>Relaxation Relax Dirt Hands Germs Wash Soap Water Scrub Clean Sun Safe Burn Slop Slap Sunscreen Allergy Allergen Food allergy Paramedic Job Help Healthy Allergic reaction Doctor Nurse Optician Dentist</p>
--	---	---

Year Two – PSHE & RSE Health, Wellbeing and Changing Body

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> • Exploring the effect that food and drink can have on my teeth. • Exploring some of the benefits of exercise on body and mind. • Exploring some of the benefits of a healthy balanced diet. • Suggesting how to improve an unbalanced meal. • Learning breathing exercises to aid relaxation. • Exploring strategies to manage different emotions. • Developing empathy. • Identifying personal goals and how to work towards them. • Exploring the need for perseverance and developing a growth mindset. • Developing an understanding of self respect. 	<ul style="list-style-type: none"> • To know that food and drinks with lots of sugar are bad for our teeth. • To understand the importance of exercise to stay healthy. • To understand the balance of foods we need to keep healthy. • To know that breathing techniques can be a useful strategy to relax. • To know that we can feel more than one emotion at a time. • To know that a growth mindset means being positive about challenges and finding ways to overcome them.

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
Health and prevention Physical health and wellbeing Mental wellbeing	<p>Lesson 1 – Experiencing different emotions. Pupils learn how to recognise and talk about their emotions and the feelings of others.</p> <p>Lesson 2 – Being active. Pupils learn about the benefits of physical activity, describing how they feel after exercise and identifying physical activities that they enjoy.</p> <p>Lesson 3 – Relaxation: Breathing exercise. Learning how relaxation affects the body and breathing techniques to aid relaxation.</p> <p>Lesson 4 – Steps to success. Children learn to identify their strengths and set themselves achievable goals.</p> <p>Lesson 5 – Developing a growth mindset. Developing resilience, children learn to identify strategies to help overcome barriers and manage difficult emotions.</p>	Feeling Emotion Different Sport Activity Physical Exercise Health Feeling Exercise Relaxation Breath Goal Skill Achieve Steps Try

	<p>Lesson 6- Healthy diet. Learning what it means to have a healthy diet.</p> <p>Lesson 7- Looking after our teeth. Learning how we can keep our teeth healthy: exploring how food and drink can affect our teeth.</p>	<p>Fail Frustrating Challenge Growth mind set Immune system Balanced meal Healthy diet Nutrients Weight Tooth decay Tooth Teeth Sugary drink Healthy Brush</p>
--	--	--

Year Three– PSHE & RSE Health, Wellbeing and Changing Body

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> • Discussing why it is important to look after my teeth. • Learning stretches which can be used for relaxation. • Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest. • Exploring my own identity through the groups I belong to. • Identifying my strengths and exploring how I use them to help others. • Being able to breakdown a problem into smaller parts to overcome it. 	<ul style="list-style-type: none"> • To understand ways to prevent tooth decay. • To understand the positive impact relaxation can have on the body. • To know the different food groups and how much of each of them we should have to have a balanced diet. • To understand the importance of belonging. • To understand what being lonely means and that it is not the same as being alone. • To understand what a problem or barrier is and that these can be overcome.

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p>Health and prevention</p> <p>Physical health and wellbeing</p> <p>Mental wellbeing</p>	<p>Lesson 1 – My healthy diary. Understanding and planning for a healthy lifestyle, including physical activity, rest and diet.</p> <p>Lesson 2 – Relaxation. Learning a range of relaxation stretches and understanding that relaxation has a positive impact on the body.</p> <p>Lesson 3 – Wonderful me. Children learn to explore their identity by considering what they like and the groups and communities they belong to.</p> <p>Lesson 4 – My superpowers. Identifying personal strengths and considering how these can be used and how they may impact others.</p> <p>Lesson 5 – Resilience breaking down barriers. Learning that problems can be overcome by having a plan to break the issue down into smaller goals.</p>	<p>Exercise</p> <p>Balance</p> <p>Diet</p> <p>Energy</p> <p>Intake</p> <p>Feeling</p> <p>Balance</p> <p>Relax</p> <p>Stretch</p> <p>Group</p> <p>Identity</p> <p>Belonging</p> <p>Lonely</p> <p>Alone</p> <p>Hero</p> <p>Power</p> <p>Strengths</p> <p>Barriers</p> <p>Strategy</p>

	<p>Lesson 6 – Diet and dental health. Looking at the food groups that make us a balanced diet and at the benefits of healthy eating, including for dental health.</p>	<p>Teeth Healthy Balanced Food groups</p>
--	--	---

Year Four – PSHE & RSE Health, Wellbeing and Changing Body

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> • Developing independence in looking after my teeth. • Identifying what makes me feel calm and relaxed. • Learning visualisation as a tool to aid relaxation. • Exploring how my skills can be used to undertake certain jobs. • Explore ways we can make ourselves feel happy or happier. • Developing the ability to appreciate the emotions of others in different situations. • Learning to take responsibility for my emotions by knowing that I can control some things but not others. • Developing a growth mindset. 	<ul style="list-style-type: none"> • To know key facts about dental health. • To know that visualisation means creating an image in our heads. • To know that different job roles need different skills and so some roles may suit me more than others. • To know that it is normal to experience a range of emotions. • To know that mental health refers to our emotional wellbeing, rather than physical. • To understand that mistakes can help us to learn. • To know who can help if we are worried about our own or other people's mental health.

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
Health and prevention Physical health and wellbeing Mental wellbeing	<p>Lesson 1 – Looking after our teeth. Learning how to keep our teeth healthy.</p> <p>Lesson 2 – Relaxation: Visualisation. Children identify what makes them feel calm and learn some relaxation techniques.</p> <p>Lesson 3 – Celebrating mistakes. Developing a growth mindset and learning that mistakes are useful.</p> <p>Lesson 4 – Meaning and purpose: My role. Children learn to identify their own strengths and begin to see how they can positively affect others.</p> <p>Lesson 5 – My happiness. Children identify things that are important to them and learn that they can take action to influence their own happiness.</p>	<p>Tooth Teeth Sugary drink Healthy Brush Dentist Fluoride Toothpaste Relax Place Calm Visualise Imagine Mistake Learn Growth mind set Resilience</p>

Lesson 6- Emotions

Learning that it is normal to experience a range of emotions, and identifying emotions that children may feel in different situations.

Lesson 7- Mental health.

Learning what mental health is, that sometimes people need help with their mental health and where to get that help.

Job

Skill

Role

Strength

Feelings

Emotions

Happy

Disappointed

Nervous

Anxious

Shocked

Positive emotions

Negative emotions

Enthusiastic

Astonished

Grateful

Mental health

Physical health

Year Five – PSHE & RSE Health, Wellbeing and Changing Body

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> • Developing independence for protecting myself in the sun. • Understanding the relationship between stress and relaxation. • Considering calories and food groups to plan healthy meals. • Developing greater responsibility for ensuring good quality sleep. • Taking responsibility for my own feelings. • Discussing some physical and emotional changes during puberty. 	<ul style="list-style-type: none"> • To understand the risks of sun exposure. • To know that relaxation stretches can help us to relax and de-stress. • To know that calories are the unit that we use to measure the amount of energy certain foods give us. • To know that what we do before bed can affect our sleep quality. • To understand what can cause stress. • To understand that failure is an important part of success • To understand the physical changes to both male and female bodies as people grow from children to adults.

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p>Health and prevention</p> <p>Physical health and wellbeing</p> <p>Mental wellbeing</p> <p>The changing adolescent body</p>	<p>Lesson 1 – Relaxation: Yoga. Learning the importance of relaxation, pupils practise yoga stretches.</p> <p>Lesson 2 – The importance of rest. Children learn about the importance of a good night’s sleep and how to take greater responsibility for ensuring they get good quality sleep.</p> <p>Lesson 3 – Embracing failure. Understanding that failure is a normal part of life and that we must not give up if something doesn’t go according to plan.</p> <p>Lesson 4 – Going for goals. Children set themselves three different goals for three different time frames and discover what they will need to do to make these happen, such as practising a skill, talking to someone, asking questions.</p>	<p>Yoga</p> <p>Relaxation</p> <p>Meditation</p> <p>Thoughts</p> <p>Quantity</p> <p>Sleep</p> <p>Rest</p> <p>Quality</p> <p>Fail</p> <p>Failure</p> <p>Succeed</p> <p>Try</p> <p>Overcome</p> <p>Succeed</p> <p>Goal</p> <p>Achieve</p>

Lesson 5 – **Taking responsibility for my feelings.**
Understanding that we are responsible for our own feelings and actions.

Lesson 6 – **Healthy meals**
Pupils will learn how to create a series of healthy meals.

**Year 4 lessons on changing Body
Puberty**

Lesson 6 – **Growing up.**
To recognise that change is part of growing up.

Lesson 7 – **Introducing puberty.**
To recognise the physical differences between children and adults.

Plan
Steps
Destiny
Choice
Calories
Healthy diet
Food groups
Recommended daily intake (RDI)
Serving
Portion
Obesity

Child
Adult
Change
Grow
Develop
Physical changes
Change
Exciting
Worries
Physical
Height
Breasts
Genitals
Penis
Testicles
Hips
Waist
Shoulders
Chest hair
Puberty
Hygiene

Year Six – PSHE & RSE Health, Wellbeing and Changing Body

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> • Considering ways to prevent illness. • Identifying some actions to take if I am worried about my health or my friends' health. • Identifying a range of relaxation strategies and situations in which they would be useful. • Exploring ways to maintain good habits. • Setting achievable goals for a healthy lifestyle. • Exploring my personal qualities and how to build on them. • Developing strategies for being resilient in challenging situations. • Learning about the emotional changes during puberty. • Identifying reliable sources of help with puberty. • Discussing problems which might be encountered during puberty and using knowledge to help. 	<ul style="list-style-type: none"> • To understand that vaccinations can give us protection against disease. • To know that changes in the body could be possible signs of illness. • To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). • To know that a habit is a behaviour that we often do without thinking and that we can have good and bad habits. • To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation). • To know the effects technology can have on mental health. • To understand the process of the menstrual cycle. • To know the names of the external sexual parts of the body and the internal reproductive organs. • To know that puberty happens at different ages for different people. • To understand how a baby is conceived and develops.

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
Health and prevention Physical health and wellbeing Mental wellbeing The changing adolescent body	<p>Lesson 1 – What can I be? Identifying long term goals and how to work towards them.</p> <p>Lesson 2 – Relaxation: Mindfulness. Learning about the importance of relaxation, pupils learn how to use mindfulness techniques as a strategy to manage their emotions.</p> <p>Lesson 3 – Taking responsibility for my health. Understanding the importance of a healthy lifestyle, pupils look at taking greater responsibility for their diet, dental hygiene, rest, relaxation and physical activity.</p>	Future Skills Value Yoga Stress Worry Relaxation Technique Progressive muscle Responsibility Physical

Lesson 4 – The impact of technology on health.

Learning about the potential impact of technology on physical and mental health, with links to the Education for a connected World framework.

Lesson 5 – Resilience toolbox.

Drawing upon the skills that they have developed to identify and respond to difficult situations, pupils create a range of resilience strategies.

Lesson 6- Immunisation.

Understanding way that we can help prevent ourselves and others becoming ill and the benefits of immunisation.

Lesson 7- Good and bad habits.

Pupils learn how to take greater responsibility for their health and that habits can be good or bad for our health.

Lesson 8- Physical health concerns.

Children learn where to seek support if they believe that they are unwell.

Year 5 and 6 lessons on puberty

Year 5

Lesson 3 – Puberty

Understanding the physical changes during puberty.

Lesson 4- Menstruation.

Understanding the menstrual cycle.

Lesson 5 – Emotional changes in puberty

Understanding the emotional changes during puberty.

Year 6

Lesson 5 – Physical and emotional changes of puberty

Understanding the changes that happen during puberty.

Mental Health

Restrictions

Pressure

Persuasive design

Resilience

Resilient

Immunisation

Vaccine

Disease

World Health -

Organisation

NHS

Puberty

Change

Cervix

Ovary

Fallopian tube

Uterus

Vagina

Urethra

Opening

Penis

Bladder

Testicle

Menstruation

Period

Egg

Ovaries

Fallopian tube

Womb

Bleeding

Lining

*** Parental concented lessons on Birth and Conception**

Lesson 5- Conception

Understanding the biology of conception.

Lesson 6- Pregnancy and Birth

Understanding the development of a baby during pregnancy.

Sanitary towels
Tampons
Reusable products
Voice breaking

Fertilise
Conception
Relationship
Pregnancy
Development
Commitment