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| Theme Overview: Health and Safety | | Unit Outcomes | |
| Through this unit, the children will have the opportunity to explore different ways to keep themselves healthy and safe. | | By the end of this unit, the children will have a good understanding of the impact of exercise, diet, sleep and hygiene on their bodies and wellbeing. They will have a good understanding of strangers and how to keep themselves safe. | |
| Skills Focus | PSHE Ethos | | |
| <p>Main Skills Focus:</p> <p>PSHE at Bland’s Infant School: In our school, the teaching of Personal, Social and Health Education (PSHE) enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We strive to provide our children with learning opportunities in specific lessons, circle time, and group activities that enrich pupils’ experiences. It allows pupils to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.</p> | <ul style="list-style-type: none"> • This is an opportunity for the children to move away from traditional learning at tables. • Children will sit in a circle on chairs, facing each other, to take part in dialogue and not only develop their confidence in speaking but also their ability to listen to their peers. • A calm, safe environment will be promoted throughout starting with belly breathing to focus the children. • The children will take turns to speak. • They are all encouraged to speak but they have the right to pass. • There is an emphasis on respect for all and promoting the use of positive, uplifting and inclusive language. | | |
| | Sequence of Learning | | |
| | <p>Lesson 1 LI: To know how to keep myself safe.</p> <p>At the start of each half term all the children in the school will explore how we keep ourselves safe as well as knowing how to get help when it is needed. The range of topics covered are as follows: Trusted adults; how to find / ask for help; situations that require asking for help; road safety; understanding the purpose of adults wearing lanyards in school; having an awareness and understanding cyber safety and understanding different emotions and how to deal with worries.</p> | <p>Lesson 2 LI: To know that exercise keeps us healthy.</p> <p>The children will investigate the effects of exercise on their bodies while moving from some calm activities for more aerobic style exercise. They will monitor their breathing and heartbeat after each activity and discuss the changes. The children learn why this is important. A selection of sporting activities will be set up for them over the week including some of their choosing which they can teach other children.</p> | <p>Lesson 3 LI: To understand healthy eating.</p> <p>The children will share their knowledge of healthy eating. They will sort foods into different categories and have the opportunity to reflect on their own diets. They will discuss treats and that they are perfectly fine to have but that they should not be the main part of their daily intake.</p> |

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| | <p>Lesson 4 LI: To understand the importance of sleep.</p> <p>The children will learn about the importance of sleep and the impact of not having it. They will explore why the body needs it and what happens to them while they sleep. The children will have the opportunity to reflect on their own sleeping habits and think about what they do well and what they could improve.</p> | <p>Lesson 5 LI: To understand how and why we keep clean.</p> <p>The children will explore the concept of good hygiene and keeping clean. They will think about why this is important to us and what should play a part in all our daily routines (bathing, brushing teeth and good handwashing). They will explore what germs are, what they do to us and how we can protect ourselves from them. They will make links to previous lessons and reflect on their own habits. They will think about what they do well and if there is anything they need to work on.</p> | <p>Lesson 6 LI: To know understand the concept of strangers.</p> <p>The children will explore the concept of strangers and keeping themselves safe. They will understand this is to help them and not to scare them. They will think about what adults are there to help them and how they can call for help if needed. They will be taught phrases they can use if they are ever approached by a stranger and have the opportunity practise these.</p> |
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