

Year Group

Subject

Theme

Year 1/2— Summer

PSHE

Health and wellbeing



Hurst Hill Primary School
Learning Together

During Summer Term, we will be focusing on:

Mental wellbeing

Internet safety and harms

Physical health and fitness

Healthy eating

Health and prevention

Basic first aid.

Key vocabulary:

Hygiene- conditions or practices conducive to maintaining health and preventing disease.

Family- A group of people who share a special bond.

Emotions- a strong feeling deriving from one's circumstances, mood, or relationships with others.

What should I already know?

To eat a healthy range of foodstuffs and understands need for variety in food.

Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.

By the End Of The Unit Children will know:

Mental wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness). How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.

Internet safety and harms: that for most people the internet is an integral part of life and has many benefits. Where and how to report concerns and get support with issues online.

Physical health and fitness: the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.

Healthy eating: what constitutes a healthy diet.

Health and prevention: the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

Basic first aid: how to make a clear and efficient call to emergency services if necessary.

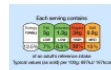
Key skills

Listen carefully to a range of ideas and suggestions

Contribute to class discussions

Participate in small group activities

Uphold our school values during PSHE lessons



Our assemblies:

Monday— Whole school assembly to launch our weekly theme.

Tuesday— Visitor assembly linked to one of our school values.

Wednesday— Class assembly

Thursday— Singing assembly

Friday— Celebration assembly