Springfield School

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| Blackbirds Class Medium Term Planning for PHSE  |
| Topic: North and South America and A Summer of Sport  |

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| **Lesson 1 ‘link it’** **Healthy Eating** Exposition-What is the Eatwell Plate Group work- Create a model of the eat well plate with real foods Plenary- Share work  | **Lesson 2 ‘learn it’** **Healthy Eating** Exposition-What foods are healthy and what foods are not? Group work- Categorize healthy and unhealthy foods Plenary- Share work  | **Lesson 3 ‘learn it’****Exercise** Exposition-Why is it important that we exercise? Group work- What sorts of activities count as exercise? Plenary- Share work  |
| **Lesson 4 ‘learn it’****Exercise** Exposition-Why is it important that we exercise? Group work- Participate in different activities Plenary- Share work  | **Lesson 5 ‘learn it’** **Online Relationships** Exposition-How can we link up online Group work- Identify the different ways of linking with other people online. What are the risks with this? Plenary- Share work  | **Lesson 6 ‘show it’** **Online Relationships** Exposition-What are the rules when accessing social media Group work- Create posters outlining the rules when accessing social media. Plenary- Share work Plenary – Share work.  |

Take the objectives for the LO stickers from this section

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| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills)  |
| **Developing a healthy, safer lifestyle** 3. Pupils should be taught: a. how to make simple choices that improve their health and wellbeing; b. to maintain personal hygiene; c. how some diseases spread and can be controlled; d. about the process of growing from young to old and how people's needs change; e. the names of the main parts of the body; f. that all household products, including medicines, can be harmful if not used properly; g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.  | Explain how other people’sidentity online can bedifferent to what it actuallyis in real life.Demonstrate practicalstrategies for keeping safewhen using specific digitaldevices and platforms.Explain what can help uschoose what to eat.Recognise that somepeople may not be able toeat certain foods becausethey will make them ill(allergies).Describe which foodswe should only eatoccasionally and explainwhy eating too muchof them could harm ourhealth.Identify some influenceson our food choices, andwhen these might bepositive or negative. |

Progression of Learning

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| ‘Link It’  | ‘Learn It’ | ‘Check It’  | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils knowledge of healthy lifestyles   | Activities provided during lesson Resources **PPT healthy eating, exercise and social media** Scenario cards Pictures, Objects for role play Picture cards   | Independent activities linked to lesson Resources Pictures and picture matching  | How will the pupils share knowledge during or end of lessonPhotos and PPT Share and discuss work  | Retrieve or generalization of learning after lesson * Demonstrate knowledge of of making healthy and safe choices
* Explore the different ways of keeping safe
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