Springfield School

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| Blackbirds Class Medium Term Planning for PHSE  |
| Topic: The Great Fire of London  |

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| **Lesson 1 ‘link it’** **What do we know about keeping ourselves healthy and clean?** Exposition- What are our routines at home? Group work- Demonstrate/record our routines for keeping ourselves clean. Plenary- Share work  | **Lesson 2 ‘learn it’** **Keeping our teeth clean**Exposition – How can we keep our teeth healthy? Group work- Demonstrate/ record routines for keep teeth healthy and clean. What foods are good and bad for our teeth? Plenary- Share work  | **Lesson 3 ‘learn it’****Personal hygiene** Exposition – What do we have to do to keep our bodies healthy and clean? Group work- Show how we can keep our bodies clean and healthy. Explore resources and create posters about keeping our bodies clean. Plenary- Share work  |
| **Lesson 4 ‘learn it’****Growing and changing** Exposition – How do we grow from a baby to an adult? Group work- Complete the human life cycle, by sequencing pictures Plenary – Share work   | **Lesson 5 ‘learn it’****Puberty**Exposition – What are the changes that happen during puberty? Group work- Identify the changes that happen during puberty. Plenary – Share work  | **Lesson 6 ‘check it’** **Puberty** Exposition – What are the changes that happen during puberty? Group work- Discuss the feelings in relation to the changes that happen during puberty 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. what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices; b. that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread; c. about how the body changes as they approach puberty;  | \*I can name the main male and female body parts needed for reproduction; \*I ca describe some of the changes boys go through during puberty; \*I can describe some of the changes girls go through during puberty; \*I can describe some feelings young people might experience as they grow up;  |

Progression of Learning

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| ‘Link It’  | ‘Learn It’ | ‘Check It’  | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils knowledge of everyday routines   | Activities provided during lesson Resources **PPT large dolls** Personal hygiene resources Teeth, tooth brushes and tooth paste. Picture cards for sequencing   | Independent activities linked to lesson Resources Pictures and picture matching Dolls  | 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 good hygiene practices
* Be prepared for dealing with puberty
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