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 lesson  Photos and PPT  Share and discuss work | Retrieve or generalization of learning after lesson   * Demonstrate good hygiene practices * Be prepared for dealing with puberty |