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| updated logo Rabbits Class Medium Term Planning for PSHE Spring Term 2023 |
| Topic: Happy and Healthy Me* Handwashing
* Brushing teeth

Key signing / vocab: Handwashing, toothbrush, brush your teeth, toothpaste, more, again, help | This topic will be continually developed throughout the curriculum every day. There will be specific planned opportunities to support the children’s progress and may be altered to suit the needs of the children during the term. For this term the children will participate in a teeth brushing scheme. |

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| **Daily program for Spring Term** **Handwashing**Prior to snack and dinner time – children will be prompted to wash their hands.Routine\*Music cue starts\*Verbal instruction to wash hands\*Use of sign and symbols to take children to the sink and initiate hand washing.\* Support to put hands in water where needed.\* Support to apply soap where needed.\*Prompts to rub soap in.\* Prompts to wash off soap.\*Prompts to dry hands on a paper towel.\*Prompts to get a paper towel by themselves if ready to\*Prompts to put paper towel in the bin at the end.\*Encouragement to do as many of the steps as independently as possible.Note down stages each child is working at at the beginning of term and note progress at end of term. | **Daily program for Spring Term – Teethbrushing**Group time (Afternoon) * Put on toothbrushing cue in song.
* Give out named toothbrushes (attach laminated label)
* Put a pea sized amount of toothpaste on each child’s brush.
* Encourage children to put the brush in their mouth.
* Model brushing your own teeth.
* Encourage children to move the brush in their mouth.

Possible difficulties* Child doesn’t like the toothpaste – try different toothpastes, ask what they use at home. Use toothbrush without paste to establish if it is the toothpaste that is the issue or the brushing / being in mouth part.
* Child won’t put brush in mouth – Encourage child to hold the brush on their lip for a count of ten. (Increase the amount of time) When comfortable – encourage the brush to be touching front tooth, progress slowly in this manner.
* Child won’t engage in group – encourage on a 1:1 basis.
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Take the objectives for the LO stickers from this section

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| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills)  |
| * Manage their own needs- Personal hygiene
* Know and talk about the different factors that support their overall health and wellbeing:- • toothbrushing
 | \*I can be increasingly independent in meeting my own care needs, e.g. brushing teeth, using the toilet, washing and drying my hands thoroughly. \*I can make healthy choices about food, drink, activity and toothbrushing. |

**Progression of Learning**

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| ‘Link It’  | ‘Learn It’ | ‘Check It’  | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils * Explore toothbrushes, paste and giant teeth, mirrors
* Observe play and interest in own teeth
* Assess level of dependency for handwashing
 | Activities provided during lesson Resources * Learn the routine for brushing our teeth.
* Accept a toothbrush in our mouths.
* Begin to brush
* Begin to accept having hands washed
 | Independent activities linked to lesson Resources * Takes part
* Follows the routine
* Begin to wash own hands
 | How will the pupils share knowledge during or end of lesson\*Is increasingly independent in the routine\* Reacts positively to the request to wash hands, attempts own hand washing  | Retrieve or generalization of learning after lesson  \*Understands the toothbrushing routine and follows it well.\*Shows good awareness of hand washing and has a good attempt by themselves. |