|  |
| --- |
| updated logo Squirrels Class Medium Term Planning for **PSHE Spring 2024** |
| **Healthy Lifestyles*** Taking care of physical health

**RSE*** Being safe
 | Whole School Events:Time to Talk Day – 1st FebruarySafer Internet Day – 6th February (this will be covered in more detail in Computing)Chinese New Year – 12th FebruaryRandom Acts of Kindness Week – w/c 13th February |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 1 – Link it**List ways we can look after ourselves. Link to our Science learning last term. Create an ideal morning routine for ourselves. | **Week 2 – Learn it**Practice hand washing, hair brushing, teeth brushing on ourselves and with other resources. | **Week 3 – Learn it**Discuss concept of privacy and personal touch. Where can we ask for help and who can we trust. Use elements of NSPCC ‘Pants’. | **Week 4 – Check it**Sorting between safe and dangerous within our own homes. Look at scenarios and spot unsafe practices. Create solutions. | **Week 5 – Show it/Know it** Role-play with babies/dolls. How can we look after their physical health and keep them safe? |

|  |  |
| --- | --- |
| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills)  |
|   | **Taking Care of Physical Health*** **EYFS**Respond with curiosity to adult modelling/sensory stimuli about ways we take care of our bodies.
* Demonstrate or communicate an example of taking care of our bodies (e.g. skin, hair or teeth).
* Recognise the importance of simple rules for sun safety.
* Recognise how we feel if we have not had enough sleep.

**KS1*** Describe or demonstrate simple hygiene routines.
* Identify the physical activities we like doing; describe how they might make us feel (physically and emotionally).
* Describe some simple ways of staying safe in the sun.
* Recognise that sleeping well is one way we can stay healthy.
* Give reasons why it is important to take care of personal hygiene.
* Describe some of the different ways to be physically healthy.
* Explain how the physical activities we enjoy doing help to keep us healthy.
* Describe simple routines for going to bed/going to sleep.

**Being Safe****By the end of KS2:*** Boundaries with friendships and peers (including online).
* Concept of privacy
* Concept of secrets
* Personal touch
* Stranger danger
* Recognising and reporting feeling unsafe
* How to ask for help
* Where to get advice
 |