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| 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 February  Safer Internet Day – 6th February (this will be covered in more detail in Computing)  Chinese New Year – 12th February  Random Acts of Kindness Week – w/c 13th February |

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| **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? |

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| 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 |