

# Brough Primary School – Curriculum Intention Plan 2021 - 2022



<b>Subject: PSHE/RSE</b> <b>Year Group: Year 1/2</b>		<b>Area of learning: Being My Best</b>
Links to previous work/ Remember when	<ul style="list-style-type: none"> <li>● Recognise the importance of fruit and vegetables in their daily diet;</li> <li>● Know that eating at least five portions of vegetables and fruit a day helps to maintain health.</li> <li>● Recognise that they may have different tastes in food to others;</li> <li>● Select foods from the Eatwell Guide in order to make a healthy lunch;</li> <li>● Recognise which foods we need to eat more of and which we need to eat less of to be healthy.</li> <li>● Understand how diseases can spread;</li> <li>● Recognise and use simple strategies for preventing the spread of diseases.</li> <li>● Recognise that learning a new skill requires practice and the opportunity to fail, safely;</li> <li>● Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges.</li> <li>● Recognise how a person's behaviour (including their own) can affect other people.</li> </ul>	
<b>Term</b>	<b>Year 1/2</b>	<b>Key Skills to be taught</b>
<b>Summer 1 2022</b>  What the children should know at the end of this series of lessons		<ul style="list-style-type: none"> <li>● Understand and give examples of things they can choose themselves and things that others choose for them;</li> <li>● Explain things that they like and dislike, and understand that they have choices about these things;</li> <li>● Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.</li> <li>● Explain how germs can be spread;</li> <li>● Describe simple hygiene routines such as hand washing;</li> <li>● Understand that vaccinations can help to prevent certain illnesses.</li> <li>● Explain the importance of good dental hygiene;</li> <li>● Describe simple dental hygiene routines.</li> <li>● Understand that the body gets energy from food, water and oxygen;</li> <li>● Recognise that exercise and sleep are important to health</li> <li>● Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain);</li> <li>● Describe how food, water and air get into the body and blood.</li> </ul>

# Brough Primary School – Curriculum Intention Plan 2021 - 2022



## Vocabulary

choose, choices, vaccination, injection, hygiene, germs, teeth, dental, oxygen, water, food, heart, lungs, exercise, small intestine, large intestine, stomach

Sequence of learning	Objectives and suggested details provided by the subject leader.
1	<p>My Day</p> <ul style="list-style-type: none"> <li>• Understand and give examples of things they can choose themselves and things that others choose for them;</li> <li>• Explain things that they like and dislike, and understand that they have choices about these things;</li> <li>• Understand and explain that some choices can be either healthy or unhealthy and can make a difference to their own health.</li> </ul> <p><a href="https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-day">https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-day</a></p>
2	<p>Harold's postcard - helping us keep clean and healthy.</p> <ul style="list-style-type: none"> <li>• Explain how germs can be spread;</li> <li>• Describe simple hygiene routines such as hand washing;</li> <li>• Understand that vaccinations can help to prevent certain illnesses.</li> </ul> <p><a href="https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-postcard--helping-us-to-keep-clean-and-healthy">https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-postcard--helping-us-to-keep-clean-and-healthy</a></p>
3	<p>Harold's Bathroom</p> <ul style="list-style-type: none"> <li>• Explain the importance of good dental hygiene;</li> <li>• Describe simple dental hygiene routines.</li> </ul> <p><a href="https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-bathroom-1">https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-bathroom-1</a></p>
<p>4</p> <p>This lesson contains a circuit of activities - could do part during PE lesson</p>	<p>My body needs ....</p> <ul style="list-style-type: none"> <li>• Understand that the body gets energy from food, water and oxygen;</li> <li>• Recognise that exercise and sleep are important to health</li> </ul> <p><a href="https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-body-needs-">https://www.coramlifeeducation.org.uk/scarf/lesson-plans/my-body-needs-</a></p>
5	<p>What does my body do?</p> <ul style="list-style-type: none"> <li>• Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, brain);</li> <li>• Describe how food, water and air get into the body and blood.</li> </ul> <p><a href="https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-does-my-body-do-1">https://www.coramlifeeducation.org.uk/scarf/lesson-plans/what-does-my-body-do-1</a></p>

# Brough Primary School – Curriculum Intention Plan 2021 - 2022



## Learning Outcome/product

I understand and can give examples of things I can choose myself and things that others choose for me.  
I can explain how germs can be spread.  
I can understand that vaccinations can help to prevent certain illnesses.  
I can explain the importance of good dental hygiene.  
I understand that my body gets energy from food, water and oxygen.  
I can recognise that exercise and sleep are important to health.

## Assessment records

List only those children who have not achieved the expected outcomes.

--	--

## Assessment records

List only those children who have exceeded the expected outcomes.

--	--

## End of unit assessment question

Hand out the Pupil Assessment activity sheet then ask the children to draw a line to join up the different parts of the body with their correct name.

Next, on the other side of the paper children can draw or write about all the things that they can do to help look after their body including as many different things as they can.