

Brough Primary School – Curriculum Intention Plan 2022 - 2023



Subject: PSHE/RSE Year Group: Year 1/2		Area of learning: Being my Best
Links to previous work/ Remember when	<ul style="list-style-type: none"> ● Feel resilient and confident in their learning. ● Name and discuss different types of feelings and emotions. ● Learn and use strategies or skills in approaching challenges. ● Understand that they can make healthy choices. ● Name and recognise how healthy choices can keep us well. 	
Term - Summer 1 2023	Year 1 / 2 - Key Skills to be taught	
What the children should know at the end of this series of lessons	<ul style="list-style-type: none"> ● Recognise that they may have different tastes in food to others; ● Select foods from the Eatwell Guide in order to make a healthy lunch; ● Recognise which foods we need to eat more of and which we need to eat less of to be healthy ● Recognise the importance of regular hygiene routines; ● Sequence personal hygiene routines into a logical order. ● Understand how diseases can spread; ● Recognise and use simple strategies for preventing the spread of diseases. ● Demonstrate attentive listening skills; ● Suggest simple strategies for resolving conflict situations; ● Give and receive positive feedback, and experience how this makes them feel. 	

Vocabulary

dairy, fruit, protein, vegetables, meat, salt, sugar, vitamins, portion, healthy, hygiene, clean, spread, germs, praise, support, feedback, encourage, feelings.

Sequence of learning	Objectives and suggested details provided by the subject leader.
1	<p>I can eat a rainbow</p> <ul style="list-style-type: none"> ● Recognise the importance of fruit and vegetables in their daily diet; ● Know that eating at least five portions of vegetables and fruit a day helps to maintain health.

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	https://www.coramlifeeducation.org.uk/scarf/lesson-plans/i-can-eat-a-rainbow Complete Activity 1 only
2	<p>Eat Well</p> <ul style="list-style-type: none"> ● Recognise that they may have different tastes in food to others; ● Select foods from the Eatwell Guide in order to make a healthy lunch; ● Recognise which foods we need to eat more of and which we need to eat less of to be healthy. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/eat-well-</p>
3	<p>Harold's wash and brush up</p> <ul style="list-style-type: none"> ● Recognise the importance of regular hygiene routines; ● Sequence personal hygiene routines into a logical order. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/harolds-wash-and-brush-up</p>
4	<p>Catch it, bin it, kill it!</p> <ul style="list-style-type: none"> ● Understand how diseases can spread; ● Recognise and use simple strategies for preventing the spread of diseases. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/catch-it-bin-it-kill-it</p>
5	<p>Inside my wonderful body</p> <ul style="list-style-type: none"> ● Name major internal body parts (heart, lungs, blood, stomach, intestines, brain); ● Understand and explain the simple bodily processes associated with them. <p>https://www.coramlifeeducation.org.uk/scarf/lesson-plans/inside-my-wonderful-body-</p>

Learning Outcome/product

I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.

I can recognise the importance of daily hygiene routines.

I can describe ways to prevent the spread of diseases.

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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
What are some of the things that I can do to keep myself healthy?