



PSHE/RSE CLASS 1 - AUTUMN 2 – Being My Best - Cycle B

Keeping Healthy, Food and Exercise, Hygiene rules and Safety

Substantive Knowledge – Rec <ul style="list-style-type: none"> To know some healthy foods and drinks To know our body needs sleep To know some ways of keeping our bodies fit and well To know some jobs of different foods Y1 <ul style="list-style-type: none"> To know that eating five portions of fruit and vegetables a day helps to maintain health To know which foods we need to eat more of and which we need less of to stay healthy To know simple strategies for preventing the spread of diseases To know their behaviour (and that of others) can affect other people 	Markers for Assessment for Substantive Knowledge Rec <ul style="list-style-type: none"> Name and discuss different types of feelings and emotions Name and recognise how healthy choices can keep us well Y1 <ul style="list-style-type: none"> To know which foods we need to eat more of and which we need less of to stay healthy To know simple strategies for preventing the spread of diseases 	Below	Above
Disciplinary Knowledge Rec <ul style="list-style-type: none"> To share an experience where they haven't achieved their goal To develop confidence towards having a growth mind-set To describe what is happening to their body during exercise Y1 <ul style="list-style-type: none"> To demonstrate attentive listening skills To give and receive positive feedback To use simple strategies for preventing the spread of diseases 	Markers for Assessment for Disciplinary Knowledge Rec <ul style="list-style-type: none"> Feel resilient and confident in their learning Learn and use strategies or skills in approaching challenges Name and recognise how healthy choices can keep us well Y1 <ul style="list-style-type: none"> To demonstrate attentive listening skills To give and receive positive feedback To use simple strategies for preventing the spread of diseases 		
Prior Substantive Knowledge Rec <ul style="list-style-type: none"> Talk about healthy choices and activities Y1 <ul style="list-style-type: none"> To know some healthy foods and drinks To know our body needs sleep To know some ways of keeping our bodies fit and well To know some jobs of different foods 	Vocabulary Goal, healthy, growth mind-set, confidence, resilience		
Prior Disciplinary Rec <ul style="list-style-type: none"> Develop resilience and persistence in their learning Working cooperatively with others when faced with a challenge Y1 <ul style="list-style-type: none"> To share an experience where they haven't achieved their goal To develop confidence towards having a growth mind-set To describe what is happening to their body during exercise 	SCARF Units to be Covered - these are different from last year <ul style="list-style-type: none"> Healthy Eating 1 Healthy Eating 2 Move Your Body Yes I can! Bouncing Back When Things go Wrong A Good Night's Sleep 		
Questions (potential 'hook' questions for lessons) Rec What is your favourite food? How many ways can we move our body? Why do we need sleep? Y1 Which foods do you think are good/less good for us? Why? How do we behave when things go wrong? Why?	Cross-Curricular/Enrichment <ul style="list-style-type: none"> Science – Eating the right foods Science – what do we need to keep our body healthy? PE – Importance of moving our body PE - Moving our body in different ways Outdoor Classroom – how many different ways can we move our body? 		