

# Ashtree Primary School and Nursery Medium Term Plan for PSHE

## Year 1 & 2 Spring Term – Physical health

### Prior Knowledge – EYFS:

- Know and talk about the different factors that support their overall health and wellbeing:
  - regular physical activity
  - healthy eating
  - toothbrushing
  - sensible amounts of 'screen time'
  - having a good sleep routine
  - being a safe pedestrian

### Prior skills:

- Further develop the skills they need to manage the school day successfully:
  - lining up and queuing
  - mealtimes
  - personal hygiene
  - Negotiate space and obstacles safely, with consideration for themselves and others.

### Key Knowledge :

1. learn about keeping teeth healthy
2. about the things that will help us to fall asleep and get a good night's sleep
3. To learn about food and drinks that keep people healthy
4. To learn about how being active can keep people healthy
5. To learn how to keep safe in the sun.

### Key Skills:

1. identify food and drink with high or low sugar.
2. describe how to clean teeth properly.
3. recognise who can help with keeping teeth healthy.
4. describe some reasons why sleep is important
5. recognise some things that may be stopping us getting to sleep, and ideas to manage them
6. identify some things that might help us get to sleep (including rest and relaxation)
7. identify what being healthy means and what helps people to be healthy
8. describe some food and drinks that are good for keeping people healthy
9. recognise when they can make choices about what to eat and drink
10. explain who can help them with healthy food and drink Choices
11. identify some ways to be active every day
12. describe some things that happen to someone's body when they are physically active
13. recognise when they can make choices about physical activity
14. explain who can help with physical activity, and who to ask for support with this
15. explain why being in the sun can be good and not so good for our health
16. identify different ways to protect our skin in the sun
17. give examples of what can be used to provide protection from the sun

**Vocabulary:**

Sleep, rest, routine, relax, bedtime teeth, care, sugar, toothpaste, brushing, tooth decay, plaque, dentist, toothache Healthy, healthier, choices, food, drink, eating, energy, Physical activity, PE, exercise, strength, muscle, physical, biological, fit, sun, safe, benefits, harmful, protect, UV rays

**Year 1**

**Year 2**

**Schemes used:**

**PSHE Association**

**Future Knowledge- Year 3**

1. learn about the importance of dental health routines
2. To learn what makes a healthy diet and why this is important
3. To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke.
4. can provide first aid treatment for a casualty who has been bitten or stung