

Year 1 Spring 1 PSHE

Our bodies



Big Question

What do we put into and on our bodies?

Key vocabulary

Consent - To give permission or agree to something.

Choice - Options we have about what to do. exercise
Physical activity- that helps our bodies and minds to stay healthy.

Permission - Allow something to happen.

Hygiene - Keeping ourselves clean to stay healthy and well.

Risk - A chance something may be dangerous or cause harm.

Safe - Being protected from harm or danger.

Unsafe - Something that is not safe. danger
Something that could cause harm.

Comfortable - Something that we feel is OK or that helps us to feel settled.

Uncomfortable - Something that we feel isn't OK or that makes us feel unsettled.

Trusted adult - Adults who we know we can talk to about anything that worries us.

Powerful knowledge/skills for this unit:

We will learn to:

Looking After Our Bodies and Minds:

There are lots of things we can do to keep our bodies and minds healthy. We can: Spend time doing active things we enjoy; spend time doing calming, quiet activities to help our minds rest; spend time with family and friends; eat a wide variety of foods to create a balanced diet; spend time outside; drink lots of water; get enough sleep.

Our Bodies are Our Own: No one should make us feel uncomfortable about anything they do to us. If someone has touched our body in a way that we don't like, it is very important we:

Tell them to stop it because we don't like it; run to a **trusted adult**; tell them what has happened.

Stem Questions

- I felt this emotion when...
- I am feeling...
- I think people might agree/disagree because...
- We are learning about xxxx today, is there anything you would like to know?
- Do you know where to go if you feel worried about anything we have discussed in this lesson?
- How do we respond if we disagree with someone else's opinion in this lesson?
- How do you want to feel during this lesson?