

## Medium Term Plan: Supporting Implementation of LTP/Progression Grid

### **Subject: Personal Development; Healthy Me Year B : KS1**

*NB The statutory and non-statutory objectives are continuously revisited in a spiral curriculum using Jigsaw toolkit. Within themed topic's we teach objectives discreetly in MTP's whilst revisiting in outline previously taught objectives. For the purpose of this MTP we are emphasising the following objectives that pupils should be taught ;*

#### **RSHE Statutory Guidance**

Online Safety 4e

Mental Health and Well-Being 6a-j

Internet Safety 7a,d,f

Physical Health 8a-d

Healthy Eating 10a-c

Health and Prevention 11c

#### **Non Statutory Guidance Citizenship KS1**

Developing confidence and responsibility and making the most of their abilities 1a-e

Preparing to play an active role as citizens 2a,c-d

Developing a healthier, safer life style 3a-g

Developing good relationships and respecting the difference between people 4a-e

Broader Opportunities 5a-h

#### **Prior Learning (what pupils already know and can do)**

Know that exercise can keep them healthier

Know that some items in school are dangerous and how to handle them; scissors, knives.

Know that some things are pretend or made up in stories

Know about the internet it can be helpful.

#### **End Points (what pupils MUST know and remember)**

Know what is meant by healthy eating and name some healthy foods

Know what are healthy life style choices and how to keep healthy

Know how to be medically safe

Know that mental health is as important as physical health and it is normal to do so

Know how some ways to help your mental health; physical exercise, asking for help and advice

Know what Digital media is ; website, videos , games

Key Vocabulary to teach each session; To be revisited in following sessions;

Dangerous, medical, safe unsafe, healthy food, healthy lifestyle, diet, exercise, energetic, heart lungs ingestion, food groups, medicines, drugs, stress, relaxation

**Session 1:** Understand the difference between being healthy and unhealthy and ways to keep you healthy; What is a healthy life style and what are healthy life style choices. Healthy snacks that are good for your body. The different food groups and which foods does my body need every day to stay healthy.

**Taught Year B Health Me units 1@2** Diet, healthy lifestyle, energetic

**Session 2:** Explore healthy choices in foods and why some food and medicine is good for your body compared to others which are not, and how it feels to make healthy choices. Diet

**Taught Year B Health Me units 1@2** Diet

**Session 3:** Personal Hygiene; how to keep myself clean and healthy, understand about germs, disease and illness. Know that house hold medicines can be harmful if not used properly.

Medicines can help if used safely, learn how they work in your body.

**Taught Year B Health Me units 1@2** Drugs, medicine

**Session 4:** Mental health; its normal to look after your mental health as it is your physical health. Learn what relaxation means, things that relax you things that stress you.

**Taught Year B Health Me units 1@2** Stress, relaxation

**Session 5: Mental Health** Children learn it's important to look after own mental health as it is Physical health. Mental wellbeing is a part of normal daily life. They learn about more complex

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feelings, how it's important to look after how you feel linking this to being healthy. What do these words mean; Emotion, frustration, nervous, anxious and that it is normal to feel this range of emotion. Children begin to articulate how they feel in simple sentence.

### **Session 6: Digital Media**

Children learn what digital media and most popular forms that are within their own experiences; Software, video games, websites, social media, online advertising, blogs, emails. Learn what the uses are for and how they have experienced them; communication, sharing information, leisure activity, selling, influencing.