

# PSCHE

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSCHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSCHE.

Spring 1



## Physical Health and Wellbeing

### Igniting Prior Knowledge:

Year R ( PD Health and Self Care)

- I can talk about why it is important to clean my teeth.
- I can use a toothbrush effectively.
- I can dress and undress myself with some support.  
I can take care of my own self-care needs such as using the bathroom independently.
- I can talk about which foods are healthy and which are unhealthy.
- I can tell you why it is important to eat healthy food.
- I can talk about the importance of exercise.
- I can tell you how to stay safe when walking, scootering or cycling.
- I can dress and undress myself independently.

### New Knowledge:

- What goes into our bodies can change the way we feel.
- Some things we put in our bodies can make us feel good and not so good.
- Some substances might be harmful to take in – e.g. wild berries etc.
- I know how to ask for help if I am unsure whether something should go into my body.
- There are different things that go on my body.
- Substances can be absorbed through their skin.
- Some things can make people feel good and not so good.
- I know what is safe to go onto body.
- Medicines help us stay healthy.
- Vaccinations and immunisations help us stay healthy.

### No Outsiders:



### Key Vocabulary:

- Money
- Bank
- Saving
- Spending

