

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 2



## Physical Health and Wellbeing

### Igniting Prior Knowledge:

- Year R (PD – Health & 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.

### New Knowledge:

- Food can be associated with special times in different cultures.
- Food and drinks are associated with different celebrations and customs.
- Identify similarities from home lives to other cultures, including the food they eat.
- Food eaten on special days may be different from everyday foods.
- There are different active playground games around the world.
- Active playground games make us feel mentally better and benefit us physically.
- We can make a good choice about which games to play, based on feelings, likes and dislikes, and what we are good at.
- We should be safe in the sun.
- There are negative effects with too much sun on our bodies.
- People can protect their bodies from being damaged by the sun (e.g sun cream, shade, stay out of the sun during the hottest times of the day).
- We must protect ourselves if going out in strong sun.

### Key Vocabulary:

- Festival
- Culture
- Celebration
- Shade
- Sun Cream
- Sun Safety

### No Outsiders:

