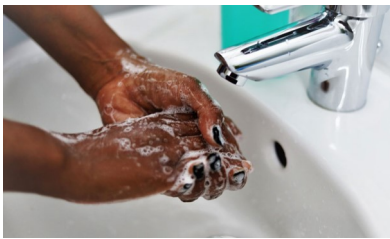# PSHE– Being My Best

Construction

Prior Knowledge

Previously, the children have found out about caring for ourselves, our environment and how to get on with others. They have learnt about ways to keep our bodies healthy and recognising how they and others are feeling. They have also learnt about the importance of the safe use of medicines.

Key Vocabulary

Tier 1: Illness, baby, toddler, feelings, healthy, important, dairy, germs

Tier 2: Routine, hygiene, support, encourage, prevention, portion, balanced, diseases, efforts, success

Tier 3: Vitamins, food groups, fibre, protein, carbohydrate, conflict, facial expressions, positive feedback

My Component Knowledge:

Lesson 1: I can recognise the importance of fruit and vegetables in my diet and know that eating at least 5 portions of these a day helps to maintain my health.

Lesson 2: I can recognise which foods I need to eat more of and which I need to eat less of to be healthy.

Lesson 3: I can understand how diseases can spread and recognise and use simple strategies for preventing the spread of diseases.

Lesson 4: I can recognise that learning a new skill requires practice and the opportunity to fail, safely.

Lesson 5: I can suggest simple strategies for resolving conflict situations.

Lesson 6: I can give and receive positive feedback, recognising how this makes me feel.

My Composite Knowledge:

I can give examples of the things I do to keep healthy, including eating healthy food, good hygiene and why I should do these regularly. I understand that conflict situations can be resolved and use some simple ways to do this.

My Powerful Knowledge:

I know that I am responsible for being the best I can be. I know, in order to do this, I should live healthily and have a positive growth mindset. I know that practicing and failing will enable me to learn new skills. I conflict situations can be resolved and ways that I can do this.

What foods are healthy for our bodies?

What is positive feedback?

What is a disease?

TRY FAIL SUCCESS

Is failing a good thing?

DISEASES