



## Our PSHE lessons this half term in Year 1

This half term, our classes will all be learning about the topic *Being My Best* in PSHE. The majority of the content in these lessons is now statutory, in line with the Relationships and Health curriculum that became compulsory for schools in September 2020. When this was introduced we underwent a period of consultation where the proposed changes were set out and parents were invited to give feedback, and this helped us to shape our curriculum.

We feel it would be useful for our parents and carers to have a clear idea of what sort of content is being introduced in our lessons as they are **REALLY** important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	I can Eat A Rainbow	<ul style="list-style-type: none"><li>• Recognise the importance of fruit and vegetables in their daily diet;</li><li>• Know that eating at least five portions of vegetables and fruit a day helps to maintain health.</li></ul>
2	Eat Well	<ul style="list-style-type: none"><li>• Recognise that they may have different tastes in food to others;</li><li>• Select foods from the <b>Eatwell Guide</b> (formerly Eatwell Plate) in order to make a healthy lunch;</li><li>• Recognise which foods we need to eat more of and which we need to eat less of to be healthy.</li></ul>
3	Harold's Wash and Brush	<ul style="list-style-type: none"><li>• Recognise the importance of regular hygiene routines;</li><li>• Sequence personal hygiene routines into a logical order.</li></ul>
4	Catch it Kill It Bin It	<ul style="list-style-type: none"><li>• Understand how diseases can spread;</li><li>• Recognise and use simple strategies for preventing the spread of diseases.</li></ul>
5	Harold Learns to Ride His Bike	<ul style="list-style-type: none"><li>• Recognise that learning a new skill requires practice and the opportunity to fail, safely;</li><li>• Understand the learning line's use as a simple tool to describe the learning process, including overcoming challenges.</li></ul>
6	Pass on The Praise	<ul style="list-style-type: none"><li>• Demonstrate attentive listening skills;</li><li>• Suggest simple strategies for resolving conflict situations;</li></ul>

		<ul style="list-style-type: none"> <li>• Give and receive positive feedback, and experience how this makes them feel.</li> </ul>
7	Inside My Wonderful Body	<ul style="list-style-type: none"> <li>• Name major internal body parts (heart, lungs, blood, stomach, intestines, brain);</li> <li>• Understand and explain the simple bodily processes associated with them.</li> </ul>