



## Our PSHE lessons this half term in Year FS1

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 **statutory for all pupils** in line with the DfE Relationships Education and Health Education statutory requirements.

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	What does my body need?	<ul style="list-style-type: none"><li>• Name what their bodies need for energy (food, water, exercise, sleep)</li><li>• Describe how they feel when they don't have enough food, water, exercise or sleep</li><li>• Make healthy choices independently, in their home or education setting</li></ul>
2	I can keep trying	<ul style="list-style-type: none"><li>• Name what their bodies need for energy (food, water, exercise, sleep)</li><li>• Describe how they feel when they don't have enough food, water, exercise or sleep</li><li>• Make healthy choices independently, in their home or education setting</li></ul>
3	I can do it!	<ul style="list-style-type: none"><li>• Develop skills in planning, reviewing applying a trial and error approach</li><li>• Explore activities that they wouldn't normally try, pushing the boundaries of their comfort zone</li><li>• Communicate with others by sharing with and listening to each other's ideas</li></ul>