

YEAR 1 UNIT 1: Health and Wellbeing (Autumn); Purpose: To understand how to lead a safe and healthy life.
Enquiry question: How can we make sure that our brains and bodies are healthy? (teeth, healthy foods, medicine)

Related Units:

RECEPTION – Health and Wellbeing (Autumn): What makes us special?

Year 2 – Health and Wellbeing: How do we make sure our brains and bodies are healthy? (food groups and harmful substances)

Unit overview	Vocabulary	Knowledge, Skills and Concepts
National Curriculum Links: I1: what constitutes a healthy diet (including understanding calories and other nutritional content)? I2: the principles of planning and preparing a range of healthy meals. I3: the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). J1: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. K4: about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. K6: the facts and science relating to allergies, immunisation and vaccination.	New Vocabulary • Unhealthy • Medicine • Safe • Voting • Unkindness • Emotions • Positive • Negative • Allergic Previously Taught (Revise) • Goal • Healthy • Teeth • Bullying	In this unit, pupils are learning: • To set a goal • To understand how to keep teeth healthy • To understand how teeth change as we grow up • To understand the importance of food • To discuss a variety of foods • To explore when and how to take medicines safely

Related Books/Resources	Whole School/Community Links	Assessment Opportunities
Updated Ealing PSHE SoW > Short Term Planning > Autumn > Year 1 - Suggested lesson slides - Suggested resources - Assessment opportunity resources Anti-Bullying Week (Lessons and Resources) http://www.anti-bullyingalliance.org.uk/	Collective Worship At beginning of unit, discuss what it means to set a goal and, through discussion, generate a brief list of whole class goals to display in classroom. Goals can be linked to school values/rules/dispositions or be more specific to year group. LEPS Links - MindUp - Zones of regulation - Worry boxes - School Council - Collective worship External Links and Themed Weeks Anti-Bullying Week (16/11 – 20/11/2020) - Student council elections - Visit to parliament - Visit from local councillor - Health Fair - Visit to a dentist/from a dentist - Visit from oral health promoter Parent, professional and community visitors to be discussed with member of PSHE Intent Team and SLT.	<u>Self-Assessment</u> Pupils to complete self-assessment sheet at beginning of Autumn Term and then at the end of Summer Term (in a different colour). Self-assessment sheets to be compiled by class teacher and handed over to next teacher as part of transition. <u>Assessment</u> 1. Explain how to keep your teeth healthy and how our teeth change as we grow 2. Explain why voting is important especially in school 3. Explain how to take medicines safely 4. Explain what bullying looks like <u>Evidence Gathering</u> Compile evidence of learning, from the above assessment opportunities, in individual PSHE books.