**PSHE Summer Term 1 Overview**

This half term every class in school will be learning about Being My Best. This will be completed in an age appropriate way during a PSHE lesson. This is an overview to let you know the focus of each session. Please feel free to talk to your child’s class teacher if you would like any further information.

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| **Year group** | **Lesson content** |
| **Nursery** | Talk about healthy choices and activities.  Develop resilience and persistence in their learning.  Working cooperatively with others when faced with a challenge. |
| **Reception** | Feel resilient and confident in their learning.  Name and discuss different types of feelings and emotions.  Learn and use strategies or skills in approaching challenges.  Understand that they can make healthy choices.  Name and recognise how healthy choices can keep us well. |
| **Year 1** | To recognise how a healthy variety of food can make us feel great.  Recognise that learning a new skill requires practice and the opportunity to fail, safely.  To identify strategies to resolve conflict.  To give and receive praise. |
| **Year 2** | Explain the stages of the learning line showing an understanding of the learning process.  To understand the importance of good hand and dental hygiene.  To recognise what the body needs to have energy and stay well.  To identify parts of the body that process food and create energy. |
| **Year 3** | To recognise how different food groups work in our body.  To explain how some infectious illnesses are spread from one person to another.  To name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain) and explain the respiratory and digestive processes.  To identify my achievements and skills to work on.  To explain how skills are developed. |
| **Year 4** | To identify how they and their friends are unique.  To recognise that we all make different choices because we are unique.  To understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health.  To understand the ways in which they can contribute to the care of the environment. |
| **Year 5** | To describe the four main internal systems of the human body.  To understand the actual norms around smoking and the reasons for common misperceptions of these.  To identify the skills and qualities that make us successful and achieve our best.  To recognise that the way people are portrayed in the media isn't always an accurate reflection of them in real life.  To consider the different responsibilities that they and others have for their health and wellbeing. |
| **Year 6** | To consider how healthy wellbeing and mental health can contribute to a persons aspirations and success.  To define aspirations and goals.  To recognise that we will meet challenges on the way to achieving our goals.  To understand and explain the outcomes of risk-taking in a given situation, including emotional risks.  To understand risks related to growing up and explain the need to be aware of these. |