

Year 1 Autumn 1 PSHE



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

Food that is associated with special times, in different cultures

- know about some of the food and drinks associated with different celebrations and customs
- can identify what makes their home lives similar or different to others including the food they eat
- understand why food eaten on special days may be different from everyday foods

Active playground games from around the world

- can describe how to play different active playground games
- can recognise how active playground games make them feel
- can make choices about which game to play, based on their feelings, likes and dislikes and what they are good at

Sun-safety

- know about some of the effects of too much sun on the body
 - can describe what people can do to protect their bodies from being damaged by the sun
- know what they will need and who to ask for help if they going out in strong sun

What should I already know:

Some special times in different cultures.

Different types of healthy and unhealthy foods.

Big Question:

How can I keep safe in the sun?

The end point:

To know what special foods are eaten on special days. To know how to keep safe in the sun

Key vocabulary

Food, drink, celebration, same, different, choice, active, protect, damage, sun, effect, games, safety, cultures, world, countries, special times.

Zones of regulation



Mindmate Monday lesson

Year 1 Autumn 1 recognise feelings

Lesson focus: I can talk about how I am feeling

Pupils should have the opportunity to... think about themselves & the different feelings they have develop a vocabulary to describe their feelings to others & simple strategies for managing feelings

MindMate