

# Year 1 Spring 1 PSHE What do we put into and onto our bodies



# PSHE

## Powerful knowledge/skills for this unit:

Pupils learn about

**what can go into bodies and how it can make people feel**

- are able recognise that different things that go into bodies can make people feel good or not so good
- can identify whether a substance might be harmful to take in
- know how to ask for help if they are unsure whether something should go into the body

**what can go on to bodies and how it can make people feel**

- know that substances can be absorbed through the skin
- are able to recognise that different things that people put on to bodies can make them feel good or not so good
- can state some basic safety rules for things that go on to the body

**What should I already know:**

How to manage my own hygiene.

## Big Question:

**Can you name things that are good for your body?**

**The end point:**

I Know which things are good or not so good for my body. I know what to do if am not sure.

Key vocabulary

Substance, harmful, rules, Dangerous, feelings

**Zones of regulation**



**Mindmate Monday lesson**

**MindMate**

**Year 1 Spring 1** New school/class Making new friends

Lesson focus: I understand that talking about my feelings can help

**Pupils should have the opportunity to...**learn how to communicate their feelings about new experiences to others recognise how others show feelings & know how to respond