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



Powerful knowledge/skills for this unit:

Pupils learn about

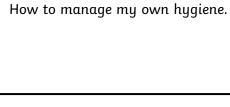
what can go into bodies and how it can make people feel

- 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:

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.

<u>Key vocabulary</u>

Substance, harmful, rules, Dangerous, feelings

Zones of regulation



<u>Mindmate Monday lesson</u>

MindMate

Year 1 Spring 1 New school/class Making new friends

<u>Lesson focus:</u> 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