



Prior Learning	
This unit will build on the knowledge and skills learned in KS1 Prior learning will be understanding what a realistic goal is and the steps needed to achieve it as well as being able to work cooperatively in a group.	
Key vocabulary for this unit	
Perseverance Success Aspirations Cooperation Enterprise Enthusiastic	Efficient Frustration Solution Evaluate
Learning Sequence	
<b>Dreams and Goals</b>	<ul style="list-style-type: none"> <li>• I can tell you about a person who has faced difficult challenges and achieved success.</li> <li>• I respect and admire people who overcome obstacles and achieve their dreams and goals (e.g., through disability)</li> </ul>
<b>My Dreams and Ambitions</b>	<ul style="list-style-type: none"> <li>• I can identify a dream/ambition that is important to me</li> <li>• I can imagine how I will feel when I achieve my dream/ambition</li> </ul>
<b>A New Challenge</b>	<ul style="list-style-type: none"> <li>• I enjoy facing new learning challenges and working out the best ways for me to achieve them</li> <li>• I can break down a goal into a number of steps and know how others could help me to achieve it</li> </ul>
<b>Our New Challenge</b>	<ul style="list-style-type: none"> <li>• I can be motivated and enthusiastic about achieving our new challenge</li> <li>• I know that I am responsible for my own learning and can use my strengths as a learner to achieve the challenge</li> </ul>

<b>Our New Challenge- Overcoming Obstacles</b>	<ul style="list-style-type: none"> <li>• I can recognise obstacles which might hinder my achievement and take steps to overcome them</li> <li>• I know how to manage the feelings of frustration that may arise when obstacles occur</li> </ul>
<b>Celebrating My Learning</b>	<ul style="list-style-type: none"> <li>• I can evaluate my own learning process and identify how it can be better next time</li> <li>• I can be confident in sharing my success with others and can store my feelings in my internal treasure chest</li> </ul>
<b>Assessment milestones</b>	
<p><b>Social and Emotional Skills</b></p> <ul style="list-style-type: none"> <li>• I can stay motivated when doing something challenging</li> <li>• I can keep trying even when it is difficult.</li> <li>• I can work well with a partner or in a group.</li> <li>• I can have a positive attitude.</li> <li>• I can help others to achieve their goals.</li> <li>• I can work hard to achieve my own dreams and goals.</li> </ul>	

PSHE – Spring 2  
Healthy Me



<b>Prior Learning</b>	
<p>This unit will build on the knowledge and skills learned in KS1 Prior learning will be understanding of what it means to be healthy and the food groups needed to give us energy, how medicines work and the importance of using them safely.</p>	
<b>Key vocabulary for this unit</b>	
<p>Oxygen Calories Kilojoules Saturated Fat Anxious</p>	

Strategy	
Learning Sequence	
<b>Being Fit and Healthy</b>	<ul style="list-style-type: none"> <li>• I understand how exercise affects my body and know why my heart and lungs are such important organs.</li> <li>• I can set myself a fitness challenge.</li> </ul>
<b>Being Fit and Healthy</b>	<ul style="list-style-type: none"> <li>• I know that the amount of calories, fat and sugar I put into my body will affect my health.</li> <li>• I know what it feels like to make a healthy choice.</li> </ul>
<b>What Do I Know About Drugs</b>	<ul style="list-style-type: none"> <li>• I can tell you my knowledge and attitude towards drugs.</li> <li>• I can identify how I feel towards drugs.</li> </ul>
<b>Being Safe</b>	<ul style="list-style-type: none"> <li>• I can identify things, people and places that I need to keep safe from.</li> <li>• I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.</li> <li>• I can express how being anxious or scared feels.</li> </ul>
<b>Safe Or Unsafe</b>	<ul style="list-style-type: none"> <li>• I can identify when something feels safe or unsafe.</li> <li>• I can take responsibility for keeping myself and others safe.</li> </ul>
<b>My Amazing Body</b>	<ul style="list-style-type: none"> <li>• I understand how complex my body is and how important it is to take care of it.</li> <li>• I respect my body and appreciate what it does for me.</li> </ul>
Assessment milestones	
<p><b>Social and Emotional Skills</b></p> <ul style="list-style-type: none"> <li>• I know how to make a healthy choice.</li> <li>• I know how to eat a healthy balanced diet.</li> <li>• I know how to be physically active.</li> <li>• I know how to keep myself and others safe.</li> <li>• I know how to be a good friend and enjoy healthy friendships.</li> <li>• I know how to keep calm and deal with difficult situations.</li> </ul>	