



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Amanpreet Cheema Year group: 1 Term: Spring 1 Subject: PSHE

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	I understand that the body gets energy from food, water and air. I can recognise that exercise and sleep are important parts of a healthy lifestyle.	SCARF - Growing and Changing - Healthy Me.	Healthy, water, food, air, oxygen.
2	I can identify things I could do as a baby, a toddler and can do now.	SCARF - Growing and Changing - Taking care of a baby.	Baby, toddler
3	I understand some of the tasks required to look after a baby. I can explain how to meet the basic needs of a baby.	SCARF - Growing and Changing - Then and now.	Babies
4	I can explain the difference between teasing and bullying.	SCARF - Growing and Changing - Who can help? (2)	Bullying

	I can give examples of what they can do if they experience or witness bullying.		
5	I can identify situations as being secrets or surprises. I can identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.	SCARF - Growing and Changing - Surprises and secrets.	Secrets, surprises.
6	I can identify parts of the body that are private. I can describe ways in which private parts can be kept private.	SCARF - Growing and Changing - Keeping privates private.	Private, genitals, penis, vulva.