



# All Saints CE Primary School and Nursery

## Medium Term Planning



Class teacher: Amanpreet Cheema Year group: 1 Term: Autumn 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 the hidden dangers under the waters.	Water safety lesson - Children learn the importance of hidden dangers even in the most familiar places, e.g, in rivers and canals.	Dangers, hazards, unsafe/safe, water, river, canal, hidden.
2	Keeping Myself Safe and Protective Behaviours Programme Week 1		
3	Keeping Myself Safe and Protective Behaviours Programme Week 2		
4	Keeping Myself Safe and Protective Behaviours Programme Week 3		
5	Keeping Myself Safe and Protective Behaviours Programme Week 4		
6	I can recognise the importance of sleep, in	Keeping Myself Safe - Super Sleep (SCARF)	Sleep, healthy, routines, balanced lifestyle.

	maintaining a healthy, balanced lifestyle.	Recognise that exercise and sleep are important parts of a healthy lifestyle. Recognise the importance of sleep in maintaining a healthy, balanced lifestyle; Identify simple bedtime routines that promote healthy sleep.	
7	I can explain the importance of medicines.	Keeping Myself Safe - What could Herold do? (SCARF) Children will learn to understand that medicines can sometimes make people feel better when they're ill. They will Explain simple issues of safety and responsibility about medicines and their use.	Safety, medicines, responsibility, ill.