Dereham Church Infant and Nursery School- PSHE



Year group: Reception

Area/topic: PSHE [Healthy Me!]

(objectives from NC/ELG/Development matters) Children will be able to:

- · Manage their own personal hygiene
- Talk about factors that will influence their overall heath and well being
- Talk about healthy eating
- Talk about toothbrushing
- Talk about why they should have sensible amounts of "screen time"
- Talk about why they need a good sleep routine
- · Talk about being a safe pedestrian

Prior learning Future learning Children will be able to express their own ideas Children will begin to make controlled healthy choices for themselves and understand why they about what being healthy means. They will begin to talk about and name parts of their body. need to do this. Children will be able to manage They will become more aware about what their their own personal hygiene and explain why this is important. Children will be able to talk about body needs to grow and what choices they can make with regards to food and drink. why some foods/drinks are healthier than others and the need for a balanced diet. Children will be able to talk about how they can be a safe pedestrian.

What pupils need to know or do to be secure		
Key knowledge and skills	Possible evidence	
I know why I need to be active and have plenty of exercise		
I know that some foods are healthier choices and that I need to	Quotes from discussion	
eat a balanced diet	Pictures drawn by children	
I know that I need to keep my body clean and wash my hands	with quotes	
after using the toilet	Photos and quotes taken	
I know why I need to keep my teeth clean	during continuous	
I know how to be a safe pedestrian.	provision.	
I know how what to do if I am lost and what to do if approached by a stranger		

Key vocabular	u
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Healthy, active, exercise, vegetables, fruit, food groups, teeth, stranger, pedestrian, hygiene germs

Common misconceptions	Books linking to this area
Children may take the idea of a balanced diet to	"Oliver's vegetables" and "Oliver's fruit salad" by
mean that you can never eat "unhealthy" foods.	Vivien French
Children may think if they see a person regularly,	"Eat your greens, Goldilocks" by Steve Smallman
then they know them.	"who is bad and who is good, Little Red Riding
	Hood?" Steve Smallman
	Usborne books "Why should I brush my teeth?"
Memorable first hand experiences	Opportunities for communication
Visit from a dentist	Circle time discussion

During continuous provision
During drama activities
Singing together
Songs
"Brush your teeth" [BBC Radio Nursery rhymes"
"Good foods" Jack Hartman
https://youtu.be/5dR 2 2hbln6w
"Keep bad germs away" Jack Hartman
https://youtu.be/2uOqhSOry0I
"Stranger Danger" song
https://youtu.be/92HCKfYakLU
"When I walk down the road"
https://youtu.be/Oj9E3YUeh8Y

DCINS Reasonable adjustments for pupils with SEND

Communication and Interaction

simplified steps songs/videos smaller groups using puppets

"Time to talk" resource [for ASD/children with communication and understanding difficulties].

Cognition and Learning stories real life experiences

drawing on their own experiences

Social, Emotional and Mental health	Sensory and Physical
Visual/practical activities	explore ideas with visuals/equipment to reduce the
be aware of home life/experiences	need for vocalised communication [signing]
have a trusted adult to talk to them	