


Dereham Church Infant and Nursery School- PSHE

	Year group: Reception	Area/topic: PSHE [Healthy Me!]
	<p>(Objectives from NC/ELG/Development matters)</p> <p>Children will be able to;</p> <ul style="list-style-type: none"> • Manage their own personal hygiene • Talk about factors that will influence their overall health 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
<p>Children will be able to express their own ideas about what being healthy means. They will begin to talk about and name parts of their body. They will become more aware about what their body needs to grow and what choices they can make with regards to food and drink.</p>	<p>Children will begin to make controlled healthy choices for themselves and understand why they need to do this. Children will be able to manage their own personal hygiene and explain why this is important. Children will be able to talk about 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.</p>

What pupils need to know or do to be secure

Key knowledge and skills

- 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 eat a balanced diet*
- I know that I need to keep my body clean and wash my hands after using the toilet*
- I know why I need to keep my teeth clean*
- I know how to be a safe pedestrian.*
- I know how what to do if I am lost and what to do if approached by a stranger*

Possible evidence

*Quotes from discussion
Pictures drawn by children
with quotes
Photos and quotes taken
during continuous
provision.*

Visit from road safety [Olly Day]

During continuous provision

During drama activities

Singing together

Songs

"Brush your teeth" [BBC Radio Nursery rhymes]

"Good foods" Jack Hartman

<https://youtu.be/5dR22hbln6w>

"Keep bad germs away" Jack Hartman

<https://youtu.be/2uOqhSOryOI>

"Stranger Danger" song

<https://youtu.be/92HCKfYakLU>

"When I walk down the road"

<https://youtu.be/Oj9E3YUeh8Y>

DCINS Reasonable adjustments for pupils with SEND

<p>Communication and Interaction</p> <ul style="list-style-type: none">simplified stepssongs/videossmaller groupsusing puppets <p>"Time to talk" resource [for ASD/children with communication and understanding difficulties].</p>	<p>Cognition and Learning</p> <ul style="list-style-type: none">storiesreal life experiences <p>drawing on their own experiences</p>
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Social, Emotional and Mental health
Visual/practical activities
be aware of home life/experiences
have a trusted adult to talk to them

Sensory and Physical
explore ideas with visuals/equipment to reduce the
need for vocalised communication [signing]