

Health and Wellbeing - It's My Body

PSHE and Citizenship | KS1 | Planning Overview

About the Topic

The **It's My Body** unit explores choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.



Home Learning

Sleep Diary: In this activity, children will keep a log of when they go to sleep, when they wake up and their bedtime routine. Children are encouraged to share their log with other children.

Cupboard Sorting: In this activity, children are encouraged to take the food out of a cupboard and sort it into 'everyday' food and once a week foods. Children should also put the food back carefully into the cupboard afterwards. Children will complete the activity sheet and bring it back into school to share.



Wider Learning:

Reinforce the lessons learnt during this unit beyond the classroom, e.g. at home, in the playground, and at the park. This will ensure that the children consolidate their knowledge and ability to make safer choices.

Assessment Statements

All children should be able to...

- explain how much sleep they need;
- discuss why exercise is good for them;
- understand they can choose what happens to their bodies;
- list healthy snacks;
- know to ask a trusted adult if uncertain about whether something is safe to eat or drink;
- demonstrate hygienic ways to look after their bodies.

Most children will be able to...

- describe their daily bedtime routine;
- explain what happens if you do not exercise regularly;
- explain that other people have rights for their own body;
- list some foods that are good to have once a week;
- identify hazard signs that mean something is dangerous;
- explain what germs are and why people need to keep clean.

Some children will be able to...

- explain how exercise helps us feel happy;
- explain how getting enough sleep helps us to feel good;
- verbalise the difference between small and serious problems;
- explain that some foods are more nutritious than others;
- know what is not safe to eat or drink;
- explain that there are good and bad germs, and that we need to protect against the bad ones.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Lesson Breakdown

1. My Body, My Business

R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

R16. about how to respond if physical contact makes them feel uncomfortable or unsafe

R17. about knowing there are situations when they should ask for permission and also when their permission should be sought

R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)

R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

H10. about the people who help us to stay physically healthy

I know I can choose what happens to my body.



2. Active and Asleep

H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday

H4. about why sleep is important and different ways to rest and relax

H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV

I can make healthy choices about sleep and exercise.



3. Happy Healthy Food

H2. about foods that support good health and the risks of eating too much sugar

H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health

H10. about the people who help us to stay physically healthy

I can make healthy choices about food and drink.



4. Clean as a Whistle

H5. simple hygiene routines that can stop germs from spreading

H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy

H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health

H10. about the people who help us to stay physically healthy

I know how to keep my body clean.



5. Can I Eat It?

H29. to recognise risk in simple everyday situations and what action to take to minimise harm

H31. that household products (including medicines) can be harmful if not used correctly

H37. about things that people can put into their body or on their skin; how these can affect how people feel

I know what is safe to eat or drink.



6. I Can Choose

H1. about what keeping healthy means; different ways to keep healthy

H8. how to keep safe in the sun and protect skin from sun damage

H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV

R17. about knowing there are situations when they should ask for permission and also when their permission should be sought

I can choose to keep my mind and body healthy and safe.

