Springfield School

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| Blackbirds Class Medium Term Planning for PHSE |
| Topic: North and South America and A Summer of Sport |

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| **Lesson 1 ‘link it’**  **Healthy Eating**  Exposition-What is the Eatwell Plate  Group work-  Create a model of the eat well plate with real foods  Plenary- Share work | **Lesson 2 ‘learn it’**  **Healthy Eating**  Exposition-What foods are healthy and what foods are not?  Group work-  Categorize healthy and unhealthy foods  Plenary- Share work | **Lesson 3 ‘learn it’**  **Exercise**  Exposition-Why is it important that we exercise?  Group work-  What sorts of activities count as exercise?  Plenary- Share work |
| **Lesson 4 ‘learn it’**  **Exercise**  Exposition-Why is it important that we exercise?  Group work-  Participate in different activities  Plenary- Share work | **Lesson 5 ‘learn it’**  **Online Relationships**  Exposition-How can we link up online  Group work- Identify the different ways of linking with other people online. What are the risks with this?  Plenary- Share work | **Lesson 6 ‘show it’**  **Online Relationships**  Exposition-What are the rules when accessing social media  Group work- Create posters outlining the rules when accessing social media.  Plenary- Share work  Plenary – Share work. |

Take the objectives for the LO stickers from this section

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| Substantive Knowledge (Content) | Disciplinary Knowledge (Skills) |
| **Developing a healthy, safer lifestyle**  3. Pupils should be taught:  a. how to make simple choices that improve their health and wellbeing;  b. to maintain personal hygiene; c. how some diseases spread and can be controlled;  d. about the process of growing from young to old and how people's needs change;  e. the names of the main parts of the body;  f. that all household products, including medicines, can be harmful if not used properly;  g. rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe. | Explain how other people’s  identity online can be  different to what it actually  is in real life.  Demonstrate practical  strategies for keeping safe  when using specific digital  devices and platforms.  Explain what can help us  choose what to eat.  Recognise that some  people may not be able to  eat certain foods because  they will make them ill  (allergies).  Describe which foods  we should only eat  occasionally and explain  why eating too much  of them could harm our  health.  Identify some influences  on our food choices, and  when these might be  positive or negative. |

Progression of Learning

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| ‘Link It’ | ‘Learn It’ | ‘Check It’ | ‘Show It’ | ‘Know It’ |
| Previous learning of pupils  knowledge of healthy lifestyles | Activities provided during lesson  Resources  **PPT healthy eating, exercise and social media**  Scenario cards  Pictures,  Objects for role play  Picture cards | Independent activities linked to lesson  Resources  Pictures and picture matching | How will the pupils share knowledge during or end of lesson  Photos and PPT  Share and discuss work | Retrieve or generalization of learning after lesson   * Demonstrate knowledge of of making healthy and safe choices * Explore the different ways of keeping safe |