

Pioneer Federation
PSHE
MTP Cycle 1 Term 4 Y3/4



Subject: PSHE	
Key Concept/ Theme: Healthy Me	
Prior Learning links: Healthy Me from Cycle 2 T4	
Vocabulary: See each lesson content See overview planning resources – use this pathway G:\Shared drives\Pioneer Staff Shared\Subject Leadership & Curriculum Areas\MHWB, Thrive, PSHE & JIGSAW resources\Year 3\4. Healthy Me	
School specific areas to cover (Add in any local areas of study, trips and people) The essential skills builder of speaking, listening, staying positive and problem solving all support this topic	
1.	<p>Prior learning reconnection (year group, cycle & term): see MTP Cycle 2 T4</p> <p>Deeper learning question – HOW DO I STAY FIT AND HEALTHY?</p> <p>LO: How does exercise affect my body? Why are my heart and lungs such important organs?</p> <p>Vocabulary – lungs, heart, heartbeat, oxygen.</p> <p>Activity/lesson slides</p>
2.	<p>Prior learning reconnection (year group, cycle & term): see MTP Cycle 2 T4</p> <p>Deeper learning question – HOW DO I STAY FIT AND HEALTHY?</p> <p>LO: I know the impact of calories, fat and sugar on my body.</p>

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Vocabulary – fitness, challenge, healthy, attitude

Activity/lesson slides –



3

Prior learning reconnection (year group, cycle & term): see MTP Cycle 2 T4

Deeper learning question – WHAT DO I KNOW ABOUT DRUGS?

LO: I can tell you my knowledge and attitude towards drugs

Vocabulary – safe, drugs, harmful, substance, medicines

Activity/lesson slides – login using Pioneer passwords emailed.



4

Prior learning reconnection (year group, cycle & term): see MTP Cycle 2 T4

Deeper learning question – HOW DO I KEEP MYSELF AND OTHERS SAFE?

LO: I can identify how to keep safe and how to call emergency services

Vocabulary – advice, anxious, scared, strategy, communicate


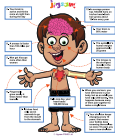
Activity/lesson slides – login using Pioneer passwords emailed.



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5	<p>Prior learning reconnection (year group, cycle & term): see MTP Cycle 2 T4</p> <p>Deeper learning question – DO YOU RECOGNISE WHEN A SITUATION IS UNSAFE?</p> <p>LO: Can I identify when something feels safe or unsafe?</p> <p>Vocabulary – advice, anxious, scared, strategy, responsibility</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> 
6	<p>Prior learning reconnection (year group, cycle & term): see MTP Cycle 2 T4</p> <p>Deeper learning question – ARE YOU AWARE OF HOW AMAZING YOUR BODY IS?</p> <p>LO: I understand how complex my body is and how important it is to take care of it</p> <p>Vocabulary – complex, appreciate, body, awareness</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> 
<p><u>End Points:</u></p> <p>Reflections for this unit</p> <ul style="list-style-type: none">• How could I set myself a fitness challenge?• Can I make a healthy choice?	

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- How do I feel towards drugs?
- Can I express how being anxious or scared feels?
- What does taking responsibility for keeping myself and others safe look like?
- Do I understand the importance of respecting my body and appreciating what it does for me?

Evaluation: What have the end of unit quizzes, pupil self-reflections and termly work told you about what the children can remember and recall? What are the gaps? Ensure that the areas that need further reinforcement are documented in the next subject unit MTP. **Plan in time to revisit gaps within units, determined by the quizzes.**

- **Download and complete this impact review for your class on this topic area.**

[age-7-8-1-bm-sa-form.pdf \(jigsawlives.com\)](https://www.jigsawlives.com/age-7-8-1-bm-sa-form.pdf)