









Pioneer Federation
PSHE
MTP Cycle 2 Term 4 Y1/2



Subject: PSHE	
Key Concept/ Theme: 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):</p> <p>Deeper learning question – BEING HEALTHY – How can I be healthy?</p> <p>LO: I know what I need to keep my body healthy</p> <p>Vocabulary – <i>healthy, lifestyle, body, exercise, food</i></p> <p>Activity/lesson slides – login using Pioneer</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-6-7/healthy-me/1-being-healthy/</p> <p>U/N East Hoathly P/W Jigsaw23!</p>
2.	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question – BEING RELAXED – How can I ensure I am being relaxed?</p> <p>LO I can show or tell you what relaxed means. I can identify what makes me feel relaxed and what makes me feel stressed</p> <p>Vocabulary <i>diet, food, health, eating, weak, strong</i></p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-6-7/healthy-me/2-being-relaxed/</p> <p>U/N East Hoathly</p>

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3	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question – MEDICINE SAFETY – Do you understand how medicines work?</p> <p>LO I understand how medicines work in my body. I understand how important it is to use them safely.</p> <p>Vocabulary Medicines, body, healthy, caring</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-6-7/healthy-me/3-medicine-safety/</p> <p>U/N East Hoathly P/W Jigsaw23!</p>
4	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question – HEALTHY EATING – Do you eat a balanced diet?</p> <p>LO – I can sort foods into the correct food groups. I know which foods my body needs every day to keep me healthy.</p> <p>Vocabulary eating, food, healthy, balanced, diet</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-6-7/healthy-me/4-healthy-eating/</p> <p>U/N East Hoathly P/W Jigsaw23!</p>

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5	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question – HEALTHY EATING – Do you eat a balanced diet?</p> <p>LO – I can make a healthy snack and explain why it is good for my body.</p> <p>Vocabulary eating, food, healthy, balanced, diet</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-6-7/healthy-me/5-healthy-eating/</p> <p>U/N East Hoathly P/W Jigsaw23!</p>
6	<p>Prior learning reconnection (year group, cycle & term):</p> <p>Deeper learning question – HAPPY, HEALTHY ME! – Consider what foods give my body energy!</p> <p>LO I can decide which foods to eat to give my body energy</p> <p>Vocabulary food, healthy, energy, body</p> <p>Activity/lesson slides – login using Pioneer passwords emailed.</p> <p>https://jigsawpshe.online/materials/pshe-primary/ages-6-7/healthy-me/6-happy-healthy-me/</p> <p>U/N East Hoathly P/W Jigsaw23!</p>
<p>End Points:</p> <p>Reflections for this unit</p> <ul style="list-style-type: none">• Can I tell you things that keep my brain healthy?• Can I tell you things to keep my body healthy?• Can I tell you how making healthier choices makes me feel?	

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- Can I tell you about the eat well plate?
- Can I tell you about a balanced diet?
- Can I tell you how I can make healthier choices?

Evaluation:

This is a new summative assessment tool from Jigsaw.

PLEASE can all teachers complete the summative assessment below. It is only one box for each unit. Notes are perfectly fine. Thank you!

- <https://jigsawlivescmsuk.blob.core.windows.net/umbraco-media/rhafk145/age-6-7-3-dg-sa-form.pdf>