

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](#).