

**Subject** PSHE**Theme** Being My Best**Term** Summer 1**What should I already know?**

- I know that learning is a process.
- I know how to approach learning with a positive attitude
- I know how to control impulsive behaviours.
- I know how germs can be spread, and understand measures I can take against this.
- I know that vaccinations can help prevent certain illnesses.
- I know why dental hygiene is important.
- I can name major internal body parts.
- I know how food, water and air get into the body and blood.

What should I be able to do by the end of the unit?

- I can discuss and debate an issue.
- I can empathise with different viewpoints.
- I can identify my achievements and areas of development.

What should I know by the end of the unit?

- I understand health and wellbeing issues relevant to my age group.
- I understand how kind words might help me feel good about myself.
- I understand how collaborative working can lead to success.
- I know about different talents children in the class have.

Key Vocabulary

hygiene	Conditions and actions conducive to maintaining health and preventing disease.
medicine	A drug prescribed to treat or prevent disease.
drug	A medicine or other substance which has a physiological effect on the body.
collaboration	The act of working together to achieve a goal.
talent	Natural aptitude.