

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

- I can identify ways in which everyone is unique.
- I can appreciate my own uniqueness.
- I know there are times when I will make the same choices as my friends and times I will choose differently.
- I understand health and wellbeing issues relevant to my age group.
- I know about different talents children in the class have.

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

- I can identify my own skills and talents.
- I can identify areas that need improvement and can describe strategies for achieving these improvements.

**What should I know by the end of the unit?**

- I know the people who are responsible for helping me to stay healthy and safe.
- I know how I can help the people who are responsible for helping me to stay healthy and safe.
- I recognise the 'star' qualities of celebrities, as portrayed by the media, isn't always an accurate reflection of them in real life.
- I know that 'ordinary' people have star qualities.

**Key Vocabulary**

<b>responsibility</b>	The job of looking after someone or something.
<b>qualities</b>	The distinctive characteristics possessed by someone.
<b>media</b>	The main means of mass communication.
<b>skill</b>	A particular ability.
<b>talent</b>	Natural aptitude.