



# All Saints CE Primary School and Nursery Medium Term Planning



Class teacher: Faye Cooke - Year group: 3 Term: Summer 1 Subject: PSHE - Being My Best

## British Values

Lesson	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	I can explain how healthy eating benefits the body.	Scarf Lesson - Derek cooks dinner! (healthy eating) Explain how each of the food groups on the <b>Eatwell Guide</b> (formerly Eatwell Plate) benefits the body; Explain what is meant by the term 'balanced diet'; Give examples what foods might make up a healthy balanced meal.	Healthy, balanced diet, food groups
2	I know how to reduce the spread of illnesses. <b>Respect</b>	Scarf Lesson - Poorly Harold Explain how some infectious illnesses are spread from one person to another; Explain how simple hygiene routines can help to reduce the risk of the spread of infectious illnesses; Suggest medical and non-medical ways of treating an illness.	Infections, infectious, spread, hygiene, medical, non-medical, treatment, illness

3	I can develop my skills to discuss and debate an issue that is relevant to me. <b>Respect, Tolerance, Liberty</b>	Scarf Lesson - For or Against Develop skills in discussion and debating an issue; Demonstrate their understanding of health and wellbeing issues that are relevant to them; Empathise with different view-points; Make recommendations, based on their research.	Debate, discussion, discuss, health, well being, empathise, view-point
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4	I know how fantastic I am <b>Respect, tolerance</b>	Scarf Lesson - I am Fantastic Identify their achievements and areas of development; Recognise that people may say kind things to help us feel good about ourselves; Explain why some groups of people are not represented as much on television/in the media.	Representation, represented, unique, difference, celebrated, your strength, positive role model, confidence, growth mindset
5	I know how the body works to keep us alive.	Scarf Lesson - Body Team work Name major internal body parts (heart, blood, lungs, stomach, small and large intestines, liver, brain); Describe how food, water and air get into the body and blood.	Internal body parts, heart, blood, lungs, stomach, small/large intestines, liver, brain
6	I know the risks from cigarettes and alcohol.	Scarf Lesson - Alcohol and Cigarettes: the facts Identify some key risks from and effects of cigarettes and alcohol; Know that most people choose not to smoke cigarettes; (Social Norms message) Define the word 'drug' and understand that nicotine and alcohol are both drugs.	drugs risks harmful cigarettes strategies helpful nicotine alcohol
7	I can understand that we all have different skills.  Tolerance, Respect	Review of Growth Mindset sessions Scarf Lesson - Top Talents Explain some of the different talents and skills that people have and how skills are developed; Recognise their own skills and those of other children in the class.	Talent, skill, develop

8	I can understand how the brain sends and receives messages through the nerves	Scarf Lesson - <i>Getting on with my nerves!</i> Understand and explain how the brain sends and receives messages through the nerves. <b>THIS IS COVERED IN SCARF VISIT SO is not needed if children have covered already</b>	Signal, brain, nerves, messages
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