

# PHSE Curriculum Plan (3 weeks) & RSE Curriculum Plan (3 weeks)

## Spring 1 2025

### Year 1



Spring 1 2025	PHSE – Healthy Lifestyles -Why is it important to wash our hands?	Session length
6/1/25- <b>Why should we wash our hands?</b>	<p><b>Learning Objective:</b> To learn about the importance of washing our hands after using the toilet and before eating.</p> <p><b>Learning Outcomes:</b> Explain that bacteria and viruses on our hands are easily spread and that they are too small to see without a microscope. Recognise the importance of washing our hands regularly, especially before eating and after going to the toilet. Demonstrate how to wash hands thoroughly.</p> <p><b>LESSON</b> <i>Introduction and ground rules</i></p> <p><b>Setting the Scene</b> <i>Why do people wash their hands?</i> Ask the children why people wash their hands? Discuss with talk partners or in pairs.</p> <p><b>What are germs?</b> People wash their hands to remove germs and dirt. Explain that germs are found everywhere but they are too tiny for us to see. Some germs can make us feel poorly so it is really important that we keep our hands clean by washing them regularly.</p> <p><b>When should we wash our hands?</b> Ask the children when we should wash our hands? Take feedback and share ideas. We should wash our hands regularly but see slide notes for specific times we should wash our hands.</p> <p><b>How to wash your hands?</b> Ask the children how they wash their hands. What are the steps we follow? Share ideas. Tell the children there is a correct way to wash our hands that makes sure all of the dirt and germs have been washed away. Look at the handwashing sequence on the slides and talk about each step. Would all the germs be washed away if we missed any of the steps?</p>	30 minutes

	<p><i>What do the children think might happen if we didn't dry our hands properly? Emphasise the importance of us all washing our hands properly. If we don't, we could make ourselves poorly, or even pass on our germs to somebody else and they might become poorly. (If appropriate, the teacher can dip their hands in glitter, with the glitter representing germs. Demonstrate that a simple rinse under the tap won't remove all of the 'germs' but a proper handwash will).</i></p> <p><b>How long should we wash our hands for?</b>  <i>Explain that a quick rinse is not enough. We should wash our hands for 20 seconds, or the time it takes to sing 'Happy Birthday' twice.</i></p> <p><b>Can you help?</b>  <i>Show children the 3 scenarios and ask them what advice they would give to each of the children.</i></p>	
<p><b>13/1/25- Wash your hands!</b></p>	<p><b>Learning Objective:</b>  To learn about the importance of washing our hands after using the toilet and before eating.</p> <p><b>Learning Outcomes:</b>  Explain that bacteria and viruses on our hands are easily spread and that they are too small to see without a microscope.  Recognise the importance of washing our hands regularly, especially before eating and after going to the toilet.  Demonstrate how to wash hands thoroughly.</p> <p>LESSON  <i>Recap- how do we wash our hands?</i>  <i>Sequence the handwashing steps pictures in pairs. Children to orally give each picture a caption. Children to then all go and wash their hands following the steps correctly. Handwashing to be photographed.</i></p> <p><b>Wash Your Hands!</b>  <i>Using the information on the handwashing slide, design a poster which encourages people in your school to wash their hands properly. These are to be laminated and displayed in toilets, staff rooms, classroom sinks near places where breaktime snacks are distributed and in the dinner hall. Also to be photographed and put on Instagram.</i></p> <p><b>Plenary</b>  <i>Ask the children to summarise what they have learnt.</i>  a) <i>Why do we need to wash our hands often?</i>  b) <i>When should we wash our hands?</i>  c) <i>How do we wash our hands properly?</i></p>	<p>30 minutes</p>
<p><b>20/1/25 – How to look after our teeth</b></p>	<p><b>How can we look after our teeth?</b>  <i>Ask the children how can we look after our teeth? Discuss with your talk partner. See slide for ways we can look after our teeth.</i></p> <p><b>Why is it important to eat healthy foods and choose drinks without sugar?</b></p>	<p>45 mins</p>

	<p><i>Discuss what can happen to our teeth if we eat lots of sugary snacks and drinks. Our teeth can be damaged and eventually they might get holes in them called cavities. This happens when something called plaque builds up on our teeth so it is really important that we clean the plaque off every day by brushing well for 2 minutes, twice a day.</i></p> <p><i>Choosing healthy foods such as fruits, vegetables, milk, cheese, meat and fish and drinks with no sugar such as milk and water is important too.</i></p> <p><i>Healthy foods can help teeth to be strong and stay healthy.</i></p> <p><i>Our teeth can become damaged if we eat lots of sugary snacks such as cakes, sweets, biscuits and chocolate and choose drinks with added sugar, for example coke, cordial and some milkshakes. All this sugar makes more plaque build-up on our teeth and it can lead to tooth decay. This can give us tooth ache which is really painful.</i></p> <p><b>Activity</b></p> <p><b>Task 1 – Brush Your Teeth!</b></p> <p><i>Ask children to mime brushing their teeth. What is the process they go through? Share the children’s ideas and then talk them through the following steps:</i></p> <ol style="list-style-type: none"> <li><i>1. Wet your toothbrush.</i></li> <li><i>2. Use a fluoride toothpaste and put a pea sized blob on your toothbrush.</i></li> <li><i>3. Brush your teeth all over for two minutes; think about all the different parts of your teeth, including the bits that are tricky to reach.</i></li> <li><i>4. Spit don’t rinse (this helps the fluoride to make your teeth stronger).</i></li> </ol> <p><b>Task 2 – Brush Your Teeth!</b></p> <p><i>Using worksheet HL 1.2 on slide 10, ask children to cut out and sequence the instructions for cleaning teeth.</i></p> <p><i>Extension for HA chn- write captions.</i></p>	
	<p><b>RSE – KS1- Unit 3- Emotional Well- being</b></p>	
<p>27/1/25- Lesson 1-<b>Feelings, likes and dislikes</b></p>	<p><a href="https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/ks1/m-1/ks1_1_created-and-loved-by-god/u-3/ks1_1-3_emotional-well-being/s-1/feelings-likes-and-dislikes/">https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/ks1/m-1/ks1_1_created-and-loved-by-god/u-3/ks1_1-3_emotional-well-being/s-1/feelings-likes-and-dislikes/</a></p> <p><u>Learning Objectives</u>  Children will learn:  That it is natural for us to relate to and trust one another  That we all have different ‘tastes’ (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)  A language to describe our feelings</p> <p><u>Success Criteria</u>  Children will:  Interact with teacher-led discussion questions</p>	<p>30 minutes</p>

	<p>Be given the opportunity to reflect on and articulate their own feelings about given scenarios and their own experiences</p> <p>Contribute to a word bank to describe feelings</p>	
<p>3/2/25- Lesson 2- <b>Feelings inside out</b></p>	<p><a href="https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/ks1/m-1/ks1_1_created-and-loved-by-god/u-3/ks1_1-3_emotional-well-being/s-2/feeling-inside-out/">https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/ks1/m-1/ks1_1_created-and-loved-by-god/u-3/ks1_1-3_emotional-well-being/s-2/feeling-inside-out/</a></p> <p><u>Learning Objectives</u> Children will: Gain a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character</p> <p><u>Success Criteria</u> Children will: Engage with discussion questions throughout the film Be given the opportunity to reflect on and articulate their own feelings about given scenarios and their own experiences Contribute to a word bank to describe feelings</p>	<p>30 mins</p>
<p>10/2/25- Lesson 3- <b>Super Susie gets angry</b></p>	<p><a href="https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/ks1/m-1/ks1_1_created-and-loved-by-god/u-3/ks1_1-3_emotional-well-being/s-3/super-susie-gets-angry/">https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/ks1/m-1/ks1_1_created-and-loved-by-god/u-3/ks1_1-3_emotional-well-being/s-3/super-susie-gets-angry/</a></p> <p><u>Learning Objectives</u> Children will learn: Simple strategies for managing feelings and maintaining good behaviour That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they make mistakes That Jesus died on the cross so that we would be forgiven</p> <p><u>Success Criteria</u> Children will: Engage with discussion questions and/or role play activities throughout the film Be given the opportunity to reflect on their own experiences of extreme feelings, how they acted and what they could have done differently Contribute to a word bank to describe feelings</p>	<p>30 minutes</p>