

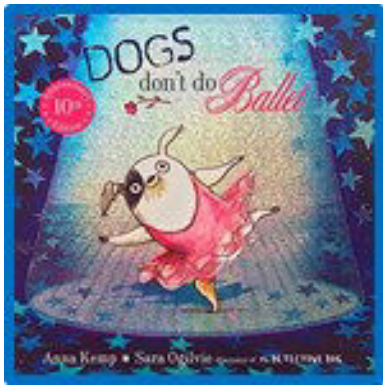
# PSHEE

All children – regardless of gender, starting point or background – will have the opportunity to engage with a high-quality PSHE education. They will be equipped with the knowledge, skills and vocabulary to understand that they need to lead confident, healthy, independent lives and to become respectful, active and responsible global citizens, so that they leave our school confident and assured of their place in this diverse and changing world. We intend to inspire a sense of enjoyment and curiosity about PSHE. We access the PSHE Association for lesson plans to assist our teaching and learning where applicable.

Spring 1

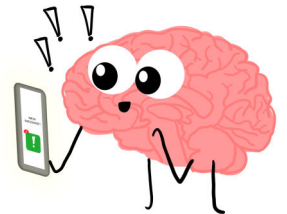
## Physical Health and Wellbeing

### No Outsiders:



### New Knowledge:

- Some people may eat or avoid certain food due to their religions, morals, cultures or health.
- Some people may follow a particular diet based on their personal circumstances.
- There are factors that might influence people's choices about food they buy (ethical farming, fair trade, seasonality).
- We can express views and opinions on factors that affect food choice.
- Consumers may have different views on food eaten, and how it is produced and farmed.
- It is important to get enough sleep for personal health and wellbeing.
- Things like routine, relaxing, less screen time etc. may help someone sleep better.
- Too much screen time can have a negative impact on someone's personal health.



## HEALTHY DIET



### Key Vocabulary:

- Wellbeing
- Moral
- Consumer
- Screen time
- Fair Trade

