



Lacock Primary School – Year 2/3/4 Beech Class. Being my best (PSHE)



Important Vocabulary

unique	Being the only one of its type – everyone’s fingerprints are unique
choices	The act of picking of choosing.
energy	The power or ability to make something work or be active.
Health	The condition of one’s body or mind, without sickness or pain.
Food groups	Any group of food organised by nutritional proprieties.
environment	All the things together that surround animals and humans in the natural world, including the air, the water and the soil.
Seven R’s	Refuse, reduce, re-use, rot, recycle, repair, re-think
Responsibilities	Something for which a person is responsible for. Something you need to do or take care of.
Community	A group of people who live close together or have shared interests.
First aid	Emergency medical help given to a hurt or sick person while waiting for a doctor.

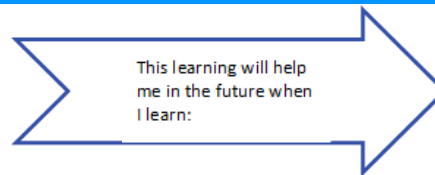


Key Skills

- To identify ways in which everyone is unique.
- To give examples of choices that you make for yourself and choices others make for you.
- To understand where the body gets energy from.
- To plan a healthy balanced meal from across all food groups.
- To understand ways in which you can contribute to the care of the environment.
- To define what is meant by the word community.
- To carry out basic first aid skills.

What I should already know:

Bouncing back with things go wrong. Having a positive growth mind-set. Healthy eating, healthy mind. The importance of exercise and sleep (Reception) Importance of good hygiene. Perseverance and resilience. Importance of teamwork, labelling part of the body (Year 1) Understanding what the body can do (year 2) Overcoming illnesses, recognising talents (Year 3)



Knowing all about facts of the body – number of bones, what the liver does etc. Importance of aspirations and setting goals for your future. Understanding independence and responsibilities. Developing first aid skills including recognising Sepsis (Year 5) Recognising what life might be like in 20 years’ time, achievements and successes. Understanding challenges young people are currently facing. Understanding and recognising risks from choices that you make (Year 6)