

KS1 PSHE and Citizenship Health and Wellbeing - It's My Body

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is 'It's My Body'.

In this unit of work, children will learn about how to take care of their body. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them, through a range of different activities. The important messages of choice and consent run through the unit. Children are encouraged to get help from trusted adults when necessary and taught how to do this.

We will be exploring these questions:

Lesson 1: Who does your body belong to? What should you do if you feel unsafe or worried about something?

Lesson 2: What does exercise do to our bodies and is it important? What does sleep do to our bodies and is it important?

Lesson 3: What is a healthy diet? Why is it important to eat well?

Lesson 4: What are germs and how can they be bad for us? How can we keep ourselves clean?

Lesson 5: Why are some things dangerous to eat or drink and how can they harm us? How can we keep ourselves safe?

Lesson 6: What choices can you make to be healthier, safer and happier? How can we make better choices?

Your child will be taking part in a range of activities, including the following:

Collaborative group tasks, drawing, sorting activities, guessing games, partner and group discussion, role play.

About PSHE and Citizenship Education

PSHE stands for Personal, Social, Health and Economic education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.