

PHSEe/ SEAL Year One Spring B

Week 1	C1 To know the names of the main body parts	I can name and correctly label the main external parts of the body.	Science
Week 2	C3 To begin to know the process of growing from young to old including birth and death and that needs change.	<p>I can tell you how I might change in the future.</p> <p>I know that some changes are natural and happen by themselves.</p> <p>I know that humans have babies that grow into children and then into adults.</p> <p>I can tell you what I can do now that I couldn't do when I was a baby.</p>	Science
Week 3	<p>Begin to understand how we keep healthy eg eating, exercise, hygiene.</p> <p>Begin to recognise when they and others need help and sources of help. (doctors, dentist, teacher, school nurse, parent.</p>	<p>I understand what it means to be healthy.</p> <p>I can identify some things that I eat and drink and some activities that I do that keep me healthy.</p> <p>I can describe a situation when I would need adult help.</p> <p>I can identify safe people in my community that I can ask for help.</p> <p>I can tell you five people that I can talk to if I am upset or worried.</p> <p>I know who can help me best when something is wrong.</p>	<p>Science link DT- fruit salads PE- exercise</p> <p>Geography link</p>
Week 4	Begin to understand that all medicines are drugs- establish safety rules with medicines and substances in home and school.	<p>I know what goes into my body. I can identify whether something going into my body is harmful.</p> <p>I know that all medicines are drugs and why and how they are taken. I know that some are absorbed through the skin.</p> <p>I know when I have to take medicines and where they come from.</p> <p>I know when I am feeling unwell and who could help me.</p> <p>I know the safety rules for taking and storing medicines.</p> <p>I know the correct use of everyday substances.</p> <p>I know some things can be harmful to take.</p>	Science
Week 5	Develop ability to make simple choices that improve health, well being and personal hygiene.	<p>I can describe and carry out basic hygiene routines using soap, toothpaste and shampoo correctly.</p> <p>I can describe how to look after particular parts of my body and I can explain why it is important to keep clean.</p>	Science