



## Medium Term Planning – Junior 3

**Term: Lent 2019**

**Subject: PSHE**

### Aims

1. To consider, discuss and investigate the themes for this term - 'Staying Healthy' and 'Protecting the Environment'
2. To encourage children to discuss their feelings about situations and help them to develop into well-balanced, caring, considerate people.
3. To discuss our termly theme for assemblies and prepare an assembly for the school.
4. To further develop the key skills set out in the National Curriculum: specifically: working with others, problem solving, communication, improving own learning and performance.

### Objectives

1. To discuss the PSHE theme for the term, to decide on an aspect of the theme and produce an assembly based on that theme.
2. To work co-operatively with other members of the class.
3. To explore feelings and emotions in relation to situations which occur during the school day or at home.
4. 'Staying Healthy':
  - a) Healthy eating – to understand how to make informed choices about the food they eat, to introduce different food groups, to make children aware that many snack foods contain additives which may affect their health.
  - b) Exercise –to help children realise the importance of learning to swim. To inspire children to get involved in sport – especially team games.
  - c) Growing up – To help children understand that death is part of the process of growing up and to help them deal with death.
  - d) Hygiene – To understand why cleanliness at home is important and to reinforce basic hygiene practices.
  - e) Safety – To help children achieve a balanced view on the 'Stranger Danger' issue.
5. 'Protecting the Environment'
  - a) Pollution – to understand how we harm the environment, in particular through the greenhouse effect and to think about ways of protecting and improving our environment.
  - b) Recycling – to learn about recycling kitchen waste and to stimulate the children's enthusiasm for recycling.
  - c) Conservation – To build on children's understanding of conservation and to understand that we all have a responsibility for looking after our environment.
  - d) Sustainability – to understand what this means in terms of the environment.

### Areas of experience

The school will focus on providing experience in the following areas

**Linguistic** – command of language and ability to communicate grows through listening, speaking, reading and writing.

**Mathematical** – Understand and appreciate relationships and patterns in number and space and to develop their capacity to think logically and express themselves clearly. Understanding should come from practical activity, exploration and discussion.

**Scientific** – Knowledge and understanding of nature, materials and forces. Develop skills associated with scientific process of enquiry: observing, forming hypotheses, experiments and recording.

**Technological** – Planning, developing and evaluating good quality products. Using tools, materials and equipment. Responsible and safe use of computing.

**Human and social** – People and environment, how human action in the past has influence events and conditions.

**Physical** – Physical control and co-ordination as well as tactical skills and imaginative responses to evaluate and improve performance. An understanding of fitness and health.

**Aesthetic and creative** – Making, composing and inventing, present in all areas especially Art, Music, drama, dance, literature.

## **Scheme of Work/ Weekly Programme of Study**

This term Junior 3 will be considering 'Staying Healthy' and 'Protecting the Environment'. All children are encouraged to contribute actively during this lesson. Each lesson will include a short prayer based on the subject discussed. Themes will include the following:

1. Form period: introduction to Lent term, timetable changes, dates for the term, clubs and rotas. Discuss Healthy Eating – What are the main food groups? What is a balanced diet and why is it important? What are food additives and how do they affect us? What do we currently have in our tuck boxes and how can we make it healthier?
2. Discuss the importance of exercise. Why is it important for us to learn to swim? What types of exercise could we do? Why are team games more fun?
3. Discussion of the assembly theme for this term and link to PSHE themes. Selection of an aspect of this theme for our class assembly.
4. Class to show plays, poems, etc. which they have prepared based on the chosen theme. Discuss and reflect on the work to be refined for next week.
5. Discuss hygiene. Why is it important to have cleanliness in the home? Why is it important to keep ourselves clean? Talk about how changes in the body as they grow up will influence some aspects of personal hygiene.
6. Discuss safety – discuss 'Stranger Danger' – what does this phrase mean to the children? Look at information from the stranger danger website and help the children to achieve a balanced view on the 'stranger danger' issue.
7. Discuss the book 'Granpa's slide show'. Discuss personal experiences of loss of pet or family member. Discuss how we feel when someone we care about is ill or dies. Who could we talk to if we are grieving? Discuss ways in which people who have died live on through memories etc.
8. Discuss pollution – the greenhouse effect – ask pupils to research the greenhouse effect from recommended websites or other sources. Discuss ways in which the greenhouse effect could be reduced.
9. Discuss recycling – How can we at home recycle? What waste do we produce from our kitchens? What can each individual do and why?
10. Discuss conservation and sustainability– Learn about how the Earth was created over millions of years ago, Consideration of how long it takes a tree to grow and how hard it is to replace them. Discuss what sustainability means in terms of the environment.
11. Pupils discuss next term and begin to prepare work for class displays.
12. Work on class displays for next term

## **Differentiation**

Adjustments may be made to this scheme to accommodate pupil's understanding of concepts. Differentiation is achieved through pupils performing at their own level. All pupils are encouraged to contribute.

## **Cross Curricular Links**

English, geography, history, mathematics, ICT, Science

## **Deployment of Teaching Assistants**

n/a

## **Resources**

Telling Tales Book 5 –Smart Learning