



Subject	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	End Points
<b>PSHE</b>  <b>Topic</b>	<p><b>LO:</b> To know and plan for a healthy lifestyle including physical activity, rest, and diet.</p> <p><b>Core Learning:</b> Children learn about balanced diets, the role of different food groups, and how food affects mood and energy.</p> <p><b>Task:</b> Watch “Operation Ouch,” explore NHS Eatwell Guide, and complete a “Healthy Diary” recording food, activity, and rest.</p> <p><b>Adapted Learning Task:</b></p> <p><i>Support:</i> Draw pictures or list one meal per day.</p> <p><i>Greater Depth:</i> Describe food group effects and plan energy-food alignment for active days.</p>	<p><b>LO:</b> To perform a range of relaxation stretches.</p> <p><b>Core Learning:</b> Understand benefits of stretching for relaxation and well-being.</p> <p><b>Task:</b> Use “Cosmic Kids Yoga” and complete “Animal Stretches” activity with stick figure illustrations.</p> <p><b>Adapted Learning Task:</b></p> <p><i>Support:</i> Work in pairs, one draws, one poses. <i>Greater Depth:</i> Label drawings with body parts used or breathing focus.</p>	<p><b>LO:</b> To know the different aspects of my identity.</p> <p><b>Core Learning:</b> Explore how interests, group memberships, and values shape identity and the concept of loneliness.</p> <p><b>Task:</b> Create an identity mind map and write a kenning poem to describe yourself.</p> <p><b>Adapted Learning Task:</b></p> <p><i>Support:</i> Guided poem writing with template.</p> <p><i>Greater Depth:</i> Use ambitious vocabulary and reference multiple identity facets.</p>	<p><b>LO:</b> To know my own strengths and begin to see how they can affect others.</p> <p><b>Core Learning:</b> Understand that strengths and personal actions can positively influence others.</p> <p><b>Task:</b> Draw yourself as a superhero with labels for each “power” (e.g., kindness, creativity).</p> <p><b>Adapted Learning Task:</b> <i>Support:</i> Use template and brainstorm strengths with a partner.</p> <p><i>Greater Depth:</i> Include how you help others and describe peers’ strengths.</p>	<p><b>LO:</b> To know to break down barriers into smaller, achievable goals.</p> <p><b>Core Learning:</b> Learn how to approach challenges by setting small, manageable goals.</p> <p><b>Task:</b> Read <i>The Owl Who Was Afraid of the Dark</i>, discuss steps to overcome fear, and complete “Breaking Down Barriers” worksheet.</p> <p><b>Adapted Learning Task:</b></p> <p><i>Support:</i> Draw goals or use mind map before selecting steps.</p> <p><i>Greater Depth:</i> Include “watch out for” risks and coping strategies.</p>	<p><b>LO:</b> To know when to give consent and express boundaries.</p> <p><b>Core Learning:</b> Explore personal boundaries, practice expressing feelings and consent respectfully.</p> <p><b>Task:</b> Read <i>Don’t Hug Doug</i>, discuss scenarios, complete “Setting Boundaries” sheet.</p> <p><b>Adapted Learning Task:</b></p> <p><i>Support:</i> Use visual cues and phrase bank; draw instead of writing.</p> <p><i>Greater Depth:</i> Consider how boundaries vary by context or relationship.</p> <p>WEEK 7</p> <p><b>LO:</b> To know the benefits of healthy eating and dental health.</p>	<p><b>By the end of this unit, pupils will know:</b></p> <p><b>The components of a healthy lifestyle: nutrition, exercise, rest, and hydration.</b></p> <p><b>How food affects their mood, energy, and concentration.</b></p> <p>That stretching and rest promote relaxation and mental clarity.</p> <p><b>How to identify their strengths and unique identity.</b></p> <p>That belonging matters and loneliness can be addressed by inclusion.</p> <p>How to break down goals and challenges into manageable steps.</p> <p><b>How to express feelings clearly and set respectful personal boundaries.</b></p> <p><b>The importance of dental hygiene and</b></p>



						<p><b>Core Learning:</b> Understand links between diet, hydration, dental hygiene, and mental/physical well-being.</p> <p><b>Task:</b> Review food groups and tooth care, complete “Healthy Body, Healthy Mind” poster.</p> <p><b>Adapted Learning Task:</b></p> <p><i>Support:</i> Draw with labels instead of full sentences.</p> <p><i>Greater Depth:</i> Explain effects of food groups and dehydration on mind/body.</p>	<p><b>hydration as part of overall health.</b></p>
--	--	--	--	--	--	---	--