

Spring 2 - 2020/2021
Taking Care of Myself

2020-2021	EYFS and KS1	KS2	KS3	KS4	Post 16	
<p>Spring 2 Taking Care of Myself</p> <p>School value <i>Independence</i> <i>Taking care of myself</i></p>	<p>About your body</p> <p>To begin to appreciate the need for personal space in physical activities.</p> <p>To follow simple safety rules for moving around the school building.</p> <p>To begin to engage in dressing and personal hygiene routines with the help of appropriate visuals and adult modelling of skills. To wash and dry hands correctly.</p> <p>To use fine motor activities to learn how to do up buttons and tie laces.</p> <p>To develop gross motor skills through outdoor play.</p> <p>To begin to discuss what you keep private.</p>	<p>Ourselves and Our Bodies</p> <p>To begin to understand how exercise and a healthy diet helps our bodies to stay well.</p> <p>To understand the symbols and signs for "Toilet, Gents, Gentlemen, Ladies, Lavatory. To know social sight words such as 'exit' and 'pull,'" etc.</p> <p>To develop fine motor skills using a variety of sensory toys, tools, and malleable materials.</p> <p>To develop gross motor skills using play and PE equipment.</p> <p>To identify, sequence and practice hygiene routines, for example washing face, brushing teeth, washing hands, selecting clean clothing.</p> <p>To change direction and speed without bumping into others.</p> <p>To know which parts of the body you keep private.</p>	<p>Exercise Healthy eating</p> <p>To know the importance of exercise to promote a healthy body.</p> <p>To learn how eating, sleeping and hygiene can contribute to good health.</p> <p>To choose physical activities to complete from a choice of preferred PE tasks.</p> <p>To refine new fine and gross motor PE skills.</p> <p>To demonstrate active listening skills when working in a group.</p> <p>To reach agreement when working with others in a small team.</p> <p>To know how some meals are prepared and cooked to provide for varied dietary needs. (e.g. vegetarian food)</p> <p>To select healthy foods and drinks from a choice board of favourite foods.</p>	<p>First Aid</p> <p>To accept the support of others to keep healthy.</p> <p>To independently undertaking a simple first aid activity, for example. finding a plaster for a wound.)</p> <p>To follow simple healthy routines and instructions (e.g. washing hands before putting on a plaster.)</p> <p>To make decisions based on an understanding of health (e.g. reducing sugar intake if it is excessive)</p> <p>To undertake activities which contribute to keeping a person healthy.</p> <p>To order pictures, visuals and instructions for who to contact in an emergency.</p>	<p>Independence Mental health Emotional health</p> <p>To be aware of own emotions.</p> <p>To understand how emotions can affect our reasoning, behaviour and thinking.</p> <p>To know of different organisations that are able to help and support.</p> <p>To identify adults to talk to.</p> <p>To have strategies in place to help with our mental health.</p> <p>To understand the importance of sleep, healthy eating, exercise, keeping hydrated, discussing worries will help with our Mental Health.</p> <p>To recognise emotions in other people and discuss with others how we feel.</p>	<p>Try a new sport week</p> <p>Wellbeing Week</p> <p>Healthy Challenges</p> <p>Science Week</p>