



St Augustine's Catholic Academy
PSHE Intent Advent 2



Year 1/2 Cycle B	Advent 2
Topic	Module 1: Created and loved by God Unit 2: Me, my body, my health
National Curriculum	H21. to recognise what makes them special. H22. to recognise the ways in which we are all unique. H23. to identify what they are good at, what they like and dislike. R23. to recognise the ways in which they are the same and different to others. L6. to recognise the ways they are the same as, and different to, other people. L14. that everyone has different strengths.
Core Knowledge	1. Know I am unique. Know we are unique with individual gifts, talents and skills. 2. Know girls and boys have been created by God to be both similar and different. 3. Know our bodies are good and we need to look after them. Know what constitutes a healthy lifestyle, including physical activity, dental health and healthy eating. 4. Know how to maintain personal hygiene. Know how and why it is important to maintain personal hygiene.
Wider Knowledge	<ul style="list-style-type: none"> Know what keeping healthy means; different ways to keep healthy. Know about foods that support good health and the risks of eating too much sugar. Know about how physical activity helps us to stay healthy; and ways to be physically active every day. Know about why sleep is important and different ways to rest and relax. Know about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV.
Skills	1. Explore what makes you unique. Use Appendix 1 to create their own special box about themselves. 2. Discuss and label the body parts which are similar for girls and boys. 3. Use Appendix 2 to record ways of looking after our bodies. Use Appendix 1 to record ways we can live a healthy lifestyle. 4. Draw pictures of ways they can maintain personal hygiene. Discuss ideas of why it is important to maintain personal hygiene and make guides for others.
Diversity Links	Beginnings- God's love and care for all Other Faith week Judaism
Vocabulary	Unique, special, individual, bodies, gifts, talents, boys, girls, similarities, differences, personal, hygiene, care, healthy.

Year 3/4 Cycle B	Advent 2
Topic	Module 1: Created and loved by God Unit 2: Me, my body, my health
National Curriculum	H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) H27. to recognise their individuality and personal qualities H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth



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	<p>R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships</p> <p>R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background</p> <p>L7. to value the different contributions that people and groups make to the community</p>
Core Knowledge	<p>1. Know there are similarities and differences between people. Know similarities and differences between people arise as they grow and make choices, and that by living and working together.</p> <p>2. Know we create community. Know we create community and self-confidence arises from being loved by God.</p> <p>3. Know about the need to respect and look after their bodies as a gift from God. Know about the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.</p> <p>4. Know what the term puberty means. Know when they can expect puberty to take place.</p>
Wider Knowledge	<p>Know that God has made us different from one another. Know that God loves us in our differences.</p>
Skills	<p>1. Using Appendix 1 to act out the drama discussing why our differences are special. Describe our similarities and differences and how they grow and change.</p> <p>2. Reflect on God's love and how that affects their self-confidence. Using Appendix 2, use the character cards to identify who they think would be the most confident in each of a list of provided scenarios and why.</p> <p>3. Use Appendix 2 to discuss how we respect our bodies. Use Sophie and Adam story to discuss and create as a comic strip.</p> <p>4. Create a timeline using Appendix 1 which will allow them to discuss the changes their body has already made. Write a letter to past me and future me using appendix 3.</p>
Diversity Links	Other Faiths week: Advent: Judaism.
Vocabulary	Change, self confidence, confident, respect, bodies puberty, childhood, adulthood.

Year 5/6 Cycle A	Advent 2
Topic	Module 1: Created and loved by God Unit 2: Me, my body, my health
PSHE Objectives	<p>H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing</p>



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	<p>H18. about everyday things that affect feelings and the importance of expressing feelings</p> <p>H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations</p> <p>H24. problem-solving strategies for dealing with emotions, challenges and change,</p> <p>H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)</p> <p>H27. to recognise their individuality and personal qualities</p> <p>H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p>H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.</p>
Core Knowledge	<p>1. Know that similarities and differences between people arise as they grow and mature.</p> <p>Know that similarities and differences between people arise as they grow and mature, and that by living and working together we create community.</p> <p>2. Know that human beings are different to other animals and the changes that girls will experience during puberty.</p> <p>Know and explain the changes girls will experience during puberty.</p> <p>3. Know the changes that boys will experience during puberty.</p> <p>Know and explain the changes boys will experience during puberty.</p> <p>4. Know how to make good choices that have an impact on their health.</p> <p>Know and explain why good choices have an impact on their health.</p>
Wider Knowledge	<p>Know that we are all unique, with different family set-ups, gifts and talents.</p> <p>Know and understand how our value and self-confidence can arise from knowing that we are loved by God and called His children.</p>
Skills	<p>1. Engage with the film and discussion questions. Write a reflection on the Paradise Street episode one.</p> <p>2. Use the question in Appendix 2 to discuss the changes made. Write and explain the changes made to girls' bodies during puberty.</p> <p>3. Use the question in Appendix 2 to discuss the changes made. Write and explain the changes made to boys' bodies during puberty.</p> <p>4. Sort whether certain choices will have a good or bad impact on our health. Write and explain the choices we make regarding sleep, exercise, personal hygiene and electronic entertainment can impact on our health.</p>
Diversity Links	<p>Loving - God who never stops loving</p> <p>Aspirations Week</p> <p>Know that we are made to love and to be loved.</p> <p>Learn the proper ways in which we show our love for one another and for God.</p>
Vocabulary	<p>Gifts, talents, mature, unique,</p>