



**PERSONAL, SOCIAL, HEALTH EDUCATION AND CITIZENSHIP and SEAL**

**Year 1, Term 2a**

WEEK NO.	LESSON TITLE	LEARNING OBJECTIVES	KEY QUESTIONS	TEACHING STRATEGIES & RESOURCES
1	Going for Goals Session 1.	To know that we learn in different ways.	What are your strengths as a learner?	Pammy's story page.5. Going for goals blue book Circle time poster Circle time rules
2	Going for Goals Session 2.	To be able to choose a realistic goal.	What goal/target do I want to achieve?	Game and song sheets Circle time poster Circle time rules
3	Going for Goals Session 3.	To be able to break a goal down into small steps.	How am I going to work on the target?	Game and song sheets Circle time poster Circle time rules A3 sheet with large stepping stones drawn on.
4	Medicines * Week 1/Page 13	To know where medicines are kept To know they need adult help to take medicines	Are medicines safe?	Brainstorm, drawing, talking circles Lesson notes page 13 Health for life pg 133-139 Pg142-144
5	Deciding for myself* Week 2/Page 14	To be able to deal with persuasion and influence.	What shall I say?	Talking circles, paired discussion Lesson notes page 14 Health for life pg 133-139 Pg142-144
6	Feeling ill* Week 3/Page 15	To know what to do when they feel ill.	How do I know when I am not well? Who helps me when I am not well?	Talking circles, class discussion Lesson notes page 15 Health for life pg 133-139 Pg142-144

\*Lesson taken from the "Spell Binder Education 2001" PSHE Scheme of Work.