

Being My Best!

Conflict

Prior Knowledge

In the EYFS children learnt:-
About not giving up, naming feelings and understanding that these feelings are ok.

Year One: Learning about my actions affect my body and my feelings. Beginning to understand that my actions affect other people.



My Component

Knowledge:

Lesson 1: I can recognise the importance of fruit and vegetables in my daily diet.

Lesson 2: I understand that we all have different food preferences.

Lesson 3: I know the importance of regular hygiene routines.

Lesson 4: I know how to help prevent the spread of germs.

Lesson 5: I understand that learning a new skill can mean overcoming challenges and pitfalls.

Lesson 6: I can give and receive positive feedback.

My Composite Knowledge:

I can identify feelings in myself and others and understand that these feelings are ok. I can recognise that my behaviour affects everyone.

My Powerful Knowledge:

I am responsible for my own behaviour and understand that my actions impact on others. I can positively impact others.

Key Vocabulary

Tier 1: Food, eating, water, likes, dislikes, hair, toothbrush, bath, wash, angry, cross, sad, hurt, upset, happy.

Tier 2: Achieve, skill, ability, failure, hygiene, health.

Tier 3: Resilience, growth mindset.



Why is
failing good?



What are regular
hygiene routines?



How can I keep
myself healthy?