

PSHE and Citizenship LKS2

Health and Wellbeing - It's My Body

Guide for Parents and Carers

This term, your child's PSHE and Citizenship topic is It's My Body.

In this unit of work, children will learn about how to take care of their body. The six lessons explore the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies on how to manage them. The important messages of choice and consent run through the unit and children are encouraged to get help from trusted adults when necessary.

We will be exploring the following questions:

Lesson 1: Who does your body belong to? What type of physical contact is OK? What can you do if you feel uncomfortable about something?

Lesson 2: What does your body need to be healthy? If you eat junk food regularly, what are the effects on your body? What can you do to become healthier?

Lesson 3: Why is it important to get enough sleep? How can getting enough sleep keep our bodies and minds healthy? What happens if we don't get enough sleep?

Lesson 4: What sorts of allergies and illnesses are there? How can we stop the spread of disease and infection? Why is personal hygiene so important?

Lesson 5: What are drugs? How can I stay safe around drugs?

Lesson 6: What choices do I have? How can I make better, healthier choices?

Your child will be taking part in a range of activities, including the following:

Collaborative tasks, sorting activities, group games, partner and group discussion, written responses, quizzes and role play.

About PSHE Education

PSHE stands for Personal, Social, Health and Economic education. It is an important part of the school curriculum that aims to teach children the knowledge and skills that they need to stay safe, happy and healthy, while preparing them for their life ahead.

We understand that some parts of the PSHE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHE and Citizenship education will make every effort to establish a supportive and positive environment for learning.

Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

If you have any questions or concerns regarding your child's PSHE and Citizenship lessons, or anything else, please don't hesitate to let us know.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).