



Topic Home Learning – PSHE and PE Term 6 Week 2 WB 8th June 2020

When selecting the home learning for your child, start at their suggested key stage but if it too easy or challenging then feel free to try the learning in the stage below or above.

PSHE: Relationships – Our Special People

These lessons encourage pupils to reflect on special people in their own lives and help them to:

- Recognise the different ways family and friends care for each other.
- Consider how they can maintain relationships with their special people if/when they can't be physically together.
- Manage relationships positively in times of change.

They focus on the positive ways that people care for one another, especially in families and friendships. They encourage pupils to consider the most important aspects of maintaining positive relationships and reflect on how this can be challenging at time of change or uncertainty.

While many young people are unable to see the friends and family they are used to seeing often in face-face situations. Pupils are supported to talk about close relationships, recognise how their special people care for them and show how they too can care for others. They also encourage pupils to express worries about missing friends and family, and consider some positive ways to manage these feelings.

EYFS and KS1

PSHE

In these lessons, pupils learn to:

- identify people who are special to them.
- explain what makes them special and why they are important to them.
- describe how their special people care for them.
- recognise how they can show they care for their special people too

Find this lesson and the resources under this week's topic learning:

[EYFS and KS1 – Relationships – Our Special People – Lesson](#)
[EYFS and KS1 – Relationships – Resource 1](#)
[EYFS and KS1 – Relationships – Resource 2](#)

PE

- Discuss the word 'exercise' – what does this mean and when do we do it? Using the diagram attached, label the different body parts you would use when taking part in exercise.
- Using the link below, you are going to watch 5 minutes of Joe Wicks home workout (you can watch it all and join in if you like). You are then going to be a home workout instructor yourself and are going to create your own home workout for your household to try. It must include exercises that use at least 4 different body parts. Feel free to record and share with us via Instagram! Think which body parts you have chosen and why you have chosen these exercises.

<https://www.youtube.com/watch?v=Na1rzigYISU>

KS2

PSHE

In these lessons, pupils learn to:

- identify the qualities of positive friendships and family relationships.
- explain how friends and family show they value and care for each other.
- describe what is most important in a friendship or family relationship.
- recognise that friendships and family relationships may change for different reasons and how to manage this.

Find this lesson and the resources under this week's topic learning:

[KS2 – Relationships – Our Special People – Lesson](#)

[KS2 – Relationships – Resource 1](#)

[KS2 – Relationships – Resource 2](#)

[KS2 – Relationships – Resource 3](#)

PE

- Discuss the word 'exercise' – what does this mean and when do we do it? Draw a basic diagram of the human body (see attached if you are stuck) then label the different body parts you would use when taking part in exercise. Can you think of some of the muscles you would use as well?
- Using the link below, you are going to watch 5 minutes of Joe Wicks home workout (you can watch it all and join in if you like). You are then going to be a home workout instructor yourself and are going to create your own home workout for your household to try. It must include exercises that use at least 5 different body parts. Feel free to record and share with us via Instagram! Think about why you have chosen these exercises.

<https://www.youtube.com/watch?v=Na1rzigYISU>

