

<b>Lesson:</b> PSHE - 5.1 What am I good at?	<b>Comic:</b> Comic 1 and 2 : John Hully at Lime Street ( <u>Health and wellbeing/ finding ways/spaces to come together</u> ) Sir Ken Dodd ( <u>Happiness</u> )
<b>Overview of Key Skills</b> Concepts – Health & Well-being - strengths and weaknesses Talking about personal qualities - understanding, Skills and processes – Thought process, discussions	<b>Cross-curricular links</b> Science: effects of health on the cardiovascular system P.E: Health Fitness of the body and mind. English: spoken Language, Emotion PSHE: <u>Health and Well-being. Happiness</u>
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>● To think about your own personal qualities.</li> <li>● To reflect on your personal strengths.</li> <li>● To appreciate how others see you.</li> <li>● What makes you happy?</li> </ul>
<b>Key Teaching Points / Research Opportunities</b>	Introduce the Lesson and understand that we will be using Comic 1 and 2 as our focus.  <b>Ask/ Research Opportunities</b>  ‘You can’t judge a book by it’s cover.’  What do you think this means?  If you could choose your own personal qualities for example - being friendly, cheerful, adventurous, sensitive, what would you choose?  Can you come up with 5 qualities that you would like to have?  Read through Comic 1 and 2 : John Hully at Lime Street ( <u>Health and well-being/ finding ways/spaces to come together</u> ) Sir Ken Dodd ( <u>Happiness</u> )
<b>Independent Work</b>	Now you have had the chance to think about the qualities you ‘wish’ you had, use this opportunity to write down 5 qualities that each of your family members has.  Let your family know these qualities and your reasons for them. Use the list below to help you, you can add your own also. <ul style="list-style-type: none"> <li>● Fun</li> <li>● Sensible</li> <li>● Happy</li> <li>● Hard working</li> </ul>

	<ul style="list-style-type: none"> <li>● Friendly</li> <li>● Careful</li> <li>● Loyal</li> <li>● Thoughtful</li> <li>● Generous</li> <li>● Kind</li> <li>● Polite</li> <li>● Brave</li> <li>● Good listener</li> </ul> <p>Think about your health and Well-being and Happiness.</p> <p>Hopefully you will now begin to recognise that you are unique!</p> <p>You have special characteristics, talents and abilities that make you who you are!</p> <p>Activity 2:</p> <p>How would you want to finish the sentence below?</p> <p style="text-align: center;"><b>‘I believe I am unique, and people in my family have recognised that i am skilled and talented at...’</b></p>
<b>Plenary</b>	<p>Ask your child to present their work to the family, explaining their reasons behind their decisions.</p> <p>Think about the people in the comics, what special characteristics, talents and abilities do they have?</p> <p>Can you create your own superhero? Draw your superhero out and detail the abilities and characteristics he has.</p>
<b>Resources, including ICT</b>	<p>Comic Book 1</p> <p>Comic Book 2</p> <p>Art paper</p> <p>Pencils (drawing and coloured)</p>
<b>Key Questions</b>	<ul style="list-style-type: none"> <li>● What is a personal quality?</li> <li>● What does attribute mean?</li> <li>● What does talent mean?</li> </ul>

	<ul style="list-style-type: none"> <li>• What is a characteristic?</li> </ul>
<b>Vocabulary</b>	Health, Well-being, Happy, Unique, Talent, Abilities
<b>Success Criteria</b>	<ul style="list-style-type: none"> <li>• Able to understand your strengths and qualities</li> <li>• Able to understand and detail the strengths and qualities of your family</li> <li>• Understand the importance of health and well-being</li> <li>• Read and understand the underlying issues within comic 1 and 2 and how they are combated.</li> </ul>
<b>Assessment Opportunities</b>	<ul style="list-style-type: none"> <li>• Task 1 completion</li> <li>• Task 2 completion</li> <li>• Discussion with family</li> <li>• Notes from discussions</li> <li>• Artwork of superhero</li> </ul>