

	KS1	LKS2	UKS2
Healthy Lifestyles	<p>Understand and recognise how we can be healthy.</p> <p>Understand the impact healthy eating and exercise has on our body.</p> <p>Make choices – Healthy eating.</p> <p>Prepare simple health foods</p> <ul style="list-style-type: none"> • Fruit & vegetables <p>(x curricular links with Literacy – Reading and following simple instructions)</p> <p>Hygiene: Manage personal hygiene</p> <ul style="list-style-type: none"> • Washing hands • Using tissue to blow nose etc • Washing • Cleaning teeth 	<p>Understand the importance of ensuring a balance between physical activity & nutrition.</p> <ul style="list-style-type: none"> • Influences • Making choices • Maintaining health <p>Plan and prepare healthy menus. (x curricular writing opportunities – instructional writing)</p>	<p>Understand the particular benefits of different physical activities for promoting health</p> <ul style="list-style-type: none"> • Impact on mental health / self esteem • Benefits for younger / older people • Different types of physical activity e.g. yoga / pilates / swimming etc <p>Take responsibility for their physical activity & nutrition in achieving a physically and mentally healthy lifestyle.</p> <ul style="list-style-type: none"> • Cultural influences • Taking responsibility for ourselves • Maintaining health <p>Plan, prepare & cook simple healthy meals. (x curricular writing opportunities – instructional writing)</p> <p>Hygiene: That hygiene needs might change as a result of growth & adolescence.</p>
Changes	<p>Know about the simple physical changes to their bodies they have experienced since birth and the similarities and difference between people.</p> <ul style="list-style-type: none"> • Me, myself and others • Similarities & differences • Celebrating diversity • Awareness of the needs of others 	<p>Know about the physical & emotional changes that take place as they grow old and approach puberty.</p> <ul style="list-style-type: none"> • Growing from young to old • My changing body • My changing feelings and emotions – self-esteem / confidence • Expressing our emotions 	<p>About the physical changes that take place in the human body as they grow and how these relate to human reproduction.</p> <ul style="list-style-type: none"> • How our bodies & emotions change during puberty. • Why our bodies change • Reproduction • Giving birth & parenting • Seeking advice & help
Relationships	<p>Identify different relationships we have and why they are important.</p> <ul style="list-style-type: none"> • Families • Friends • Teachers 	<p>Know how to form and maintain relationships with a range of people.</p> <ul style="list-style-type: none"> • Making friends • Co-operation & team building • When things go wrong – falling out; 	<p>Know how to manage changing emotions & relationships and how new relationships may develop.</p> <ul style="list-style-type: none"> • Peer relationships • Belonging to ‘the group.’

		teasing; aggression.	<ul style="list-style-type: none"> • Peer influence • Best friends • Moving on & meeting new friends.
Feelings & Emotions	<p>How to recognise, manage and control strong feelings & emotions.</p> <p>Communicate feelings: Recognise, name and describe feelings.</p> <ul style="list-style-type: none"> • Anger • Stress • Fear • Sadness <p>Manage feelings:</p> <ul style="list-style-type: none"> • Relaxation • Being assertive • Appropriate responses <p>Getting help:</p> <ul style="list-style-type: none"> • Who can help us? 	<p>Strategies for managing & controlling strong feelings & emotions.</p> <p>Communicate feelings: Develop the language of feelings.</p> <ul style="list-style-type: none"> • Disappointment • Loss & bereavement • Success / failure <p>Manage feelings:</p> <ul style="list-style-type: none"> • Feeling good about ourselves • Being positive • Setting ourselves goals • Working hard / being resilient. <p>Compassion & Empathy:</p> <ul style="list-style-type: none"> • Understanding compassion • Understanding why we have strong feelings • Understanding others feelings • Being empathetic <p>Getting help:</p> <ul style="list-style-type: none"> • Who can help us? 	<p>Strategies for understanding & controlling strong feelings & emotions and dealing with negative pressures.</p> <p>Communicate feelings: Recognise, name and describe feelings.</p> <ul style="list-style-type: none"> • Anxiety <p>Dealing with negative pressures:</p> <ul style="list-style-type: none"> • Peer pressure • Bullying • Anti-social behaviour. <p>Managing our responses to these pressures:</p> <ul style="list-style-type: none"> • Resolving differences • Assertiveness • Getting help <p>Compassion & Empathy:</p> <ul style="list-style-type: none"> • Understanding feelings • Understanding others feelings • Being empathetic <p>Moving on - Secondary transition:</p> <ul style="list-style-type: none"> • Setting goals for the future • Being ambitious
Drug Awareness	<p>Know that some substances can help or harm the body.</p> <ul style="list-style-type: none"> • Medicines • Household substances • Safety rules • Keeping ourselves safe 	<p>The impact of some harmful & beneficial substances on the body.</p> <ul style="list-style-type: none"> • Understand drugs & medicines • Keeping ourselves safe <p>Know that bacteria and viruses can affect health and that following simple, safe routines can reduce their spread.</p>	<p>How to make responsible and informed decisions relating to medicines, alcohol, tobacco and other substances and drugs.</p> <ul style="list-style-type: none"> • Legal / illegal drugs • Understand the effects of drugs on the body. • Smoking / alcohol • Making choices • Keeping safe

Work	About the different types of work people do and different places of work in the UK.	Why people work and the different jobs people do <ul style="list-style-type: none"> • Working for a living • Earning a living 	Connections between their learning, the world of work and their future economic well being <ul style="list-style-type: none"> • Career aspirations and ambitions • Providing for myself • Working for a living • Planning for the future
Money	Where money comes from and the choices people make to spend money on the things that they need and want. <ul style="list-style-type: none"> • Where we get our money from • How we pay for things • Things that we need to buy • What things do we not need but buy in our shopping 	What influences the choices people make about how money is spent. <ul style="list-style-type: none"> • Pressure to buy • Out of necessity 	How people manage money and basic financial capability <ul style="list-style-type: none"> • Budgeting • Planning for the future • Banking • Pocket money • Savings • Managing risk
Enterprise	Ways to contribute to enterprise activities	How they can contribute to a range of activities that help them to become more enterprising.	Show initiative and take responsibility for activities that develop enterprise capability <ul style="list-style-type: none"> • Mini enterprise
Core British values	<ul style="list-style-type: none"> • Understanding the need for rules • Working together • Making the right choice • Understanding that people believe in different things. • Naming and locating traditional British monuments and iconic institutions. 	<ul style="list-style-type: none"> • Respect for the rule of law. • Understanding the need for communities to work together. • Using freedom responsibly. • Understanding the range of similarities and differences of beliefs in our community. • A study on one British national institution i.e. NHS, Monarchy or the welfare state. 	<ul style="list-style-type: none"> • An understanding of the British political and legal systems. • Discussions and debates on civil liberties' • To reflect positively upon the differences in our communities, towns, cities and country