

UNIT 1

Healthy Lifestyles

Unit 1 Healthy Lifestyles	Lesson 1 Balanced Approach	Define: Healthy	Additional Year 3	<p>GW2 To know the importance of promoting general well-being and physical health GW1, PH1 healthy, lifestyle</p>
	Lesson 2 Physical Exercise	Active Kids?	Additional Year 3	<p>PH3 To know the risks associated with an inactive lifestyle, including obesity GW1, GW2, PH1, PH2 recommended, guidelines, physical</p>
	Lesson 3 Lifestyle Choices	It's Your Choice	Additional Year 3	<p>GW2 To know the importance of promoting general wellbeing and physical health PH1, PH2, HE4 responsibility, actions, balance, physical, nutrition, achieve, mental, healthy lifestyle</p>
	Lesson 4 Sleep	Sweet Dreams	Additional Year 3	<p>HPP3 To know the importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom To know the impact of poor sleep on weight, mood and ability to learn GW1 sufficient, health, affect, mood, ability</p>

UNIT 1 CONT.

Healthy Lifestyles

<p>Unit 1 Healthy Lifestyles</p>	<p>Lesson 5 Physical, Emotional and Mental 1 (PEM 1)</p>	<p>I Am Who I Am</p>	<p>Additional Year 4</p>	<p>PH1 To know the characteristics and mental and physical benefits of an active lifestyle GW1, GW2, GW3 physical, emotional, mental</p>
	<p>Lesson 6 Physical, Emotional and Mental 2 (PEM 2)</p>	<p>Hearts and Minds</p>	<p>Additional Year 4</p>	<p>GW4 To know how to recognise feelings and use varied vocabulary to talk about their own and others' feelings PH1, PH4, GW2, GW9 self-aware, feelings, emotions, tension, physical, emotional, mental</p>

UNIT 2

Nutrition and Food

<p>Unit 2 Nutrition and Food</p>	<p>Lesson 1 Balanced Diet 1</p>	<p>Plant or Animal</p>	<p>CFWM! Africa</p>	<p>HE1 To know what constitutes a healthy diet (including understanding calories and other nutritional content) HE3 balanced diet, ingredients, protein, carbohydrate, dairy, fats</p>
	<p>Lesson 2 Balanced Diet 2</p>	<p>Balancing Act</p>	<p>CFWM! Africa</p>	<p>HE1 To know what constitutes a healthy diet (including understanding calories and other nutritional content) function, balanced diet, nutrition, vitamins</p>
	<p>Lesson 3 Working With Food 1</p>	<p>Master Chef</p>	<p>Additional Year 4</p>	<p>HE3 To know the principles of planning and preparing a range of healthy meals HE1 menu, balanced, savoury, sweet</p>
	<p>Lesson 4 Working With Food 2</p>	<p>Picnic Preparations</p>	<p>Additional Year 4</p>	<p>HE3 To know the principles of planning and preparing a range of healthy meals HE1 prepare, cook, dishes, co-operatively, fairness, consideration</p>

UNIT 3

Hygiene, Growing and Changing

<p>Unit 3 Hygiene, Growing and Changing</p>	<p>Lesson 1 Before Puberty</p>	<p>You've Grown</p>	<p>Additional Year 3</p>	<p>DB1 To know about growth and other ways the body can change and develop, particularly during adolescence rate, grow, differ, awareness, change</p>
	<p>Lesson 2 Keeping Clean</p>	<p>Squeaky Clean</p>	<p>Additional Year 3</p>	<p>HPP5 To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing GW1 hygiene, sweat, hair, skin, hormones, oil, deodorant</p>
	<p>Lesson 3 Changing Bodies</p>	<p>Everyone Changes</p>	<p>Additional Year 4</p>	<p>DB1 To know about growth and other ways the body can change and develop, particularly during adolescence growing, puberty, physical changes, hormones, periods</p>
	<p>Lesson 4 Menstrual Cycle</p>	<p>Every Month</p>	<p>Additional Year 4</p>	<p>DB3 To know the facts about the menstrual cycle, including physical and emotional changes DB1, DB2 menstruation, periods, cycle, sanitary products, tampon, pad</p>

UNIT 4

Emotions

Unit 4 Emotions	Lesson 1 Loss/ Separation 1	Lost!	Under the Canopy	<p>GW3 To know about the range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations GW4, GW8</p> <p>reflect, empathise, viewpoint</p>
	Lesson 2 Loss/ Separation 1	Found!	Under the Canopy	<p>GW4 To know how to recognise feelings and use varied vocabulary to talk about their own and others' feelings GW3</p> <p>reflect, respond, views, feelings</p>
	Lesson 3 Loss/ Separation 3	Left Behind	Additional Year 4	<p>GW8 To know that change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently GW3, GW4</p> <p>strategies, managing, controlling, feelings, emotions</p>
	Lesson 4 Feelings 1	Overreacting	Additional Year 4	<p>GW5 To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate GW3, GW4</p> <p>judge, feeling, behaving, appropriate, proportionate</p>
	Lesson 5 Feelings 2	Left Out	Additional Year 4	<p>GW6 To know that isolation and loneliness can affect children, and the benefits of seeking support GW4, GW5</p> <p>isolated, lonely, strategies, friends</p>

UNIT 5

Keeping Safe

Unit 5 Keeping Safe	Lesson 1 Sun Safety	Too Hot	Additional Year 3	<p>HPP2 To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage heat stroke, heat exhaustion, dizzy, sweating</p>
	Lesson 2 Beach Safety	Follow the Flags	Additional Year 3	<p>PS2 To know how to recognise risk and keep safe around water, including the water safety code PS1 swim, surf, lifeguard, beach</p>
	Lesson 3 Illness Prevention	Aaachooo!	Additional Year 3	<p>HPPI To know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body GW2, PH4 cough, sneeze, illness, common cold</p>
	Lesson 4 First Aid	Home Hospital	Additional Year 4	<p>FA2 To understand the concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries GW2 first aid, cuts, bruise, minor burn, nosebleed</p>
	Lesson 5 Drug Safety	My Medicine	Additional Year 4	<p>DATVI To know the facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches PS1 pharmacist, prescription, over the counter medicine, drug safety</p>

SAFE ZONE

Wellbeing Online

<p>Safe Zone (Wellbeing Online)</p>	<p>Lesson 1</p>	<p>Self Image and Identity</p>	<p>Additional Year 3</p>	<p>WO10 To know that they have rights in relation to sharing personal data, privacy and consent avatar, identity, private</p>
	<p>Lesson 2.1</p>	<p>Online Relationships</p>	<p>Additional Year 3</p>	<p>WO2 To know that online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection WO7, WO11 communicate, learning platform, online, real world</p>
	<p>Lesson 2.2</p>	<p>Online Bullying</p>	<p>Additional Year 3</p>	<p>WO4 To know how to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online cyber-bullying, persistence, comments, apps</p>
	<p>Lesson 3</p>	<p>Online Reputation/ Managing Information Online</p>	<p>Additional Year 3</p>	<p>WO7 To know how to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them WO10 To know that people have rights in relation to sharing personal data, privacy and consent personal information, sharing, private, digital footprint, stored data</p>

SAFE ZONE CONT.

Wellbeing Online

Safe Zone (Wellbeing Online)	Lesson 4	Health, Wellbeing and Lifestyle	Additional Year 3	<p>WO3 To understand the benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</p> <p>WO5 To know why social media, some apps, computer games and online gaming, including gambling sites, are age restricted</p> <p>online presence, offline, online, hobbies, online access</p>
	Lesson 5	Privacy and Security	Additional Year 3	<p>WO10 To know that people have rights in relation to sharing personal data, privacy and consent</p> <p>passwords, location settings, personal information, memorable information</p>
	Lesson 6	Copyright and Ownership	Additional Year 3	<p>To know that copying someone else's work from the internet without permission can cause problems</p> <p>WO10</p> <p>sources, copyright, ownership, content, sharing</p>
	Lesson 1	Online Relationships and Bullying	Additional Year 4	<p>WO4 To know how to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online</p> <p>WO8 To know that abuse, bullying and harassment can take place online and that this can impact wellbeing</p> <p>To know how to seek support from trusted adults</p> <p>downtime, behaviour, online hobbies, online relationships, positive, negative</p>

SAFE ZONE CONT.

Wellbeing Online

<p>Safe Zone (Wellbeing Online)</p>	<p>Lesson 2</p>	<p>Health, Wellbeing and Lifestyle</p>	<p>Additional Year 4</p>	<p>WO3 To know the benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental physical wellbeing downtime, screentime, screen free, scrolling, positive and negative distractions</p>
	<p>Lesson 3</p>	<p>Online Reputation/ Managing Information Online</p>	<p>Additional Year 4</p>	<p>WO7 To know how to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them WO6, WO9 fake information, validity, check, research, true, false, relevance, fact check</p>
	<p>Lesson 4</p>	<p>Self Image and Identity</p>	<p>Additional Year 4</p>	<p>WO2 To know that online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection identity, anonymous, avatar, online identity, real-life, privacy</p>

SAFE ZONE CONT.

Wellbeing Online

Safe Zone (Wellbeing Online)	Lesson 5	Copyright and Ownership	Additional Year 4	To know that consideration is needed when searching the internet for content to use regarding who owns it and whether there are rights for reuse WO10 sources, copyright, ownership, content, sharing
	Lesson 6	Privacy and Security	Additional Year 4	WO10 To know that people have rights in relation to sharing personal data privacy and consent consent, privacy, data, age limit, permissions, information, digital age