

UNIT 1

Healthy Lifestyles

<p>Unit 1 Healthy Lifestyles</p>	<p>Lesson 1 Physical Activity 1</p>	<p>Workout!</p>	<p>Going Wild</p>	<p>PH1 To know the characteristics and mental and physical benefits of an active lifestyle GW1, GW2, PH3 physical activity, rest, balanced, healthy, lifestyle, choices, positive</p>
	<p>Lesson 2 Physical Activity 2</p>	<p>Mighty Muscles</p>	<p>Additional Year 1</p>	<p>GW1 To know the benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness PH1, PH2 muscles, positive, choices</p>
	<p>Lesson 3 Physical Activity 3</p>	<p>Get Physical</p>	<p>Going Wild</p>	<p>PH1 To know the characteristics and mental and physical benefits of an active lifestyle GW1, PH2 physical activity, healthy, regular, benefit, health</p>
	<p>Lesson 4 Sleep</p>	<p>Nighty Night!</p>	<p>Additional Year 2</p>	<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 GW1 sleep, relax, bedtime routine, grow, repair</p>
	<p>Lesson 5 Keeping Healthy</p>	<p>Give it a Boost</p>	<p>Additional Year 2</p>	<p>HPP6 To know the facts and scientific evidence relating to vaccination and immunisation GW2, HPP5 injection, vaccination, syringe, medicine, disease</p>

UNIT 2

Nutrition and Food

<p>Unit 2 Nutrition and Food</p>	<p>Lesson 1 Healthy Eating 1</p>	<p>Vote Green</p>	<p>Additional Year 1</p>	<p>HE2 To understand the importance of a healthy relationship with food HE1 choice, improve, health, well-being, healthy, eating</p>
	<p>Lesson 2 Healthy Eating 2</p>	<p>Meat Eaters</p>	<p>CFWM! Arctic Circle</p>	<p>HE1 To know what constitutes a healthy diet (including understanding calories and other nutritional content) HE2, HE3 protein, balanced, diet, healthy</p>
	<p>Lesson 3 Healthy Eating 3</p>	<p>What a Load of Junk!</p>	<p>Additional Year 2</p>	<p>HE1 To know what constitutes a healthy diet (including understanding calories and other nutritional content) protein, balanced, diet, healthy</p>
	<p>Lesson 4 Healthy Eating 4</p>	<p>Party Time!</p>	<p>Additional Year 2</p>	<p>HE3 To know the principles of planning and preparing a range of healthy meals HE1, HE2, HE4 healthy eating, choices, positive, menu</p>

UNIT 3

Hygiene, Growing and Changing

<p>Unit 3 Hygiene, Growing and Changing</p>	<p>Lesson 1 Dental Hygiene 1</p>	<p>Brushing Up!</p>	<p>Additional Year 1</p>	<p>HPP4 To know about dental health and the benefits of good oral hygiene GW1 dental, hygiene, effective, cleaning</p>
	<p>Lesson 2 Dental Hygiene 2</p>	<p>Bright White</p>	<p>Additional Year 1</p>	<p>HPP4 To know about dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste and cleaning between teeth care, brushing, manage, personal hygiene</p>
	<p>Lesson 3 Dental Hygiene 3</p>	<p>Top Teeth</p>	<p>Additional Year 2</p>	<p>HE4 To know the characteristics of a poor diet and risks associated with unhealthy eating including tooth decay healthy, lifestyle, dental, hygiene, health, wellbeing, healthy eating, choices, improve</p>
	<p>Lesson 4 Keeping Clean 1</p>	<p>Meet Grub!</p>	<p>Additional Year 2</p>	<p>HPP5 To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing GW2 eradicate, germs, spread, disease, infection</p>
	<p>Lesson 5 Keeping Clean 2</p>	<p>Bath Time!</p>	<p>Additional Year 1</p>	<p>HPP5 To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing importance, bathing, showering, basic, personal, hygiene</p>
	<p>Lesson 6 Similarities and Differences</p>	<p>Boys v Girls</p>	<p>Zero to Hero</p>	<p>DB1 To know about growth and other ways the body can change and develop, particularly during adolescence respect, similarities, differences, process, growing, young, old</p>

UNIT 3 CONT.

Hygiene, Growing and Changing

<p>Unit 3 Hygiene, Growing and Changing</p>	<p>Lesson 7 Human Body</p>	<p>Body Bits</p>	<p>Going Wild</p>	<p>DB2 To know the correct names of body parts, including the penis, vulva DB1, BS3 penis, vulva, body, private, PANTS, same, different</p>
	<p>Lesson 8 Changing Needs</p>	<p>I Need</p>	<p>Additional Year 1</p>	<p>DB1 To know about growth and other ways the body can change and develop, particularly during adolescence change, need, grow, develop, physical, experience</p>

UNIT 4

Emotions

<p>Unit 4 Emotions</p>	<p>Lesson 1 Emotions 1</p>	<p>Mood Swings</p>	<p>Light Up the World/Skip of the Dump</p>	<p>GW4 To know how to recognise feelings and use varied vocabulary to talk about their own and others' feelings GW3, GW9 feelings, emotions, manage, positive, recognise</p>
	<p>Lesson 2 Happiness</p>	<p>Smile!</p>	<p>Light Up the World/Skip of the Dump</p>	<p>GW3 To know the range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations GW4 positive, choices, happiness, manage, feelings recognise</p>

UNIT 4 CONT.

Emotions

Unit 4 Emotions	Lesson 3 Anger	Grrr!	Light Up the World/Skip of the Dump	<p>GW5 To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate GW3, GW4 behaviour, affect, influence, positive, negative</p>
	Lesson 4 Love	Three Little Words	Additional Year 1	<p>GW3 The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations GW4 importance, love, recognise, deal, feelings, positive</p>
	Lesson 5 Sadness	How To Cope	Light Up the World/Skip of the Dump	<p>GW4 To know how to recognise feelings and use varied vocabulary to talk about their own and others' feelings GW3, GW6, GW8 aware, sadness, coping, change, loss</p>
	Lesson 6 Consequences	Good v Bad	Additional Year 2	<p>GW7 To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others GW5, GW10 actions, consequences, responsibility, behaviour, affects, influence, positive, negative</p>
	Lesson 7 Emotions 2	Difference Makers	Additional Year 2	<p>GW6 To know that isolation and loneliness can affect children, and the benefits of seeking support GW9 feelings, loneliness, emotions, friendship</p>

UNIT 5

Keeping Safe

Unit 5 Keeping Safe	Lesson 1 Sun Safety	It's A Cover Up	Light Up the World/ Skip of the Dump	HPP2 To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer importance, safety, risk, manage
	Lesson 2 Road Safety	Green X Code	Unity in the Community	PS2 To know how to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code PS1 rules, road safety, awareness, Green Cross Code, skills
	Lesson 3 Drug Safety	Magic Medicine	Additional Year 2	DATVI To know the facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking PS1 medicine, safety, substance, harm, help
	Lesson 4 Fire Safety	Escape Plan	Additional Year 2	PS1 To know about hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks fire, escape plan, safe place, fire risks
	Lesson 5 Emergency Calls	999	Additional Year 2	FAI To know how to make a clear and efficient call to emergency services if necessary PS1 emergency, 999, call, responder, fire service, ambulance, police

SAFE ZONE

Wellbeing Online

<p>Safe Zone (Wellbeing Online)</p>	<p>Lesson 1</p>	<p>Copyright and Ownership</p>	<p>Additional Year 1</p>	<p>To be able to explain why work I create using technology belongs to me (e.g. It's my idea' or 'I designed it'). To know how save my work so that others know it belongs to me (e.g. filename, name, content) my work, save, filename, copy</p>
	<p>Lesson 2</p>	<p>Self-Image and Identity</p>	<p>Additional Year 1</p>	<p>WO8 To know that abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults WO2, WO11 feelings, embarrassed, identity, myself</p>
	<p>Lesson 3</p>	<p>Managing Online Information</p>	<p>Additional Year 1</p>	<p>WO9 To know where and how to report concerns and get support with issues online search engine, risks, assessing</p>
	<p>Lesson 4</p>	<p>Privacy and Security</p>	<p>Additional Year 1</p>	<p>WO10 To know that they have rights in relation to sharing personal data, privacy and consent WO1, WO11 private, privacy, password, security, information</p>
	<p>Lesson 1</p>	<p>Self-Image and Identity</p>	<p>Additional Year 2</p>	<p>WO1 To know that for almost everyone the internet is an integral part of life WO7 email, identity, myself, real life, online</p>

SAFE ZONE cont.

Wellbeing Online

<p>Safe Zone (Wellbeing Online)</p>	<p>Lesson 2</p>	<p>Online Relationships</p>	<p>Additional Year 2</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 WO10 personal information, private, relationship, pen-pal</p>
	<p>Lesson 3</p>	<p>Online Reputation</p>	<p>Additional Year 2</p>	<p>WO11 To know where and how to report concerns and get support with issues online WO10 reputation, responsibility</p>
	<p>Lesson 4</p>	<p>Online Bullying</p>	<p>Additional Year 2</p>	<p>WO8 To know that abuse, bullying and harassment can take place online and that this can impact wellbeing and how to seek support from trusted adults WO4, WO11 messaging, cyber-bullying, unkind, online, real life</p>
	<p>Lesson 5</p>	<p>Managing Information Online</p>	<p>Additional Year 2</p>	<p>WO9 To know how to understand the information they find online, including from search engines, and know how information is selected and targeted WO7 research, search engine, analyse, accurate</p>

SAFE ZONE cont.

Wellbeing Online

Safe Zone (Wellbeing Online)	Lesson 6	Copyright and Ownership	Additional Year 2	<ul style="list-style-type: none">To be able to describe why other people's work belongs to themTo be able to recognise that content on the internet may belong to other peoplecopy, idea, 'magpie', copyright, my own work
	Lesson 7	Privacy and Security	Additional Year 2	<ul style="list-style-type: none">WO10 To know that they have rights in relation to sharing personal data, privacy and consentpassword, key, unique, permission