<u>Year 1</u>

Week 1: Being healthy Week 2: Healthy choices Week 3: Clean and healthy Week 4: Medicine safety Week 5: Road safety

<u>Year 2</u>

Week 1: Being healthy Week 2: Being relaxed Week 3: Medicine safety Week 4 & 5: Healthy eating

> Spring 2 Healthy Me

<u>Year 4</u>

Week 1: My friends and me Week 2: Group dynamics Week 3: Smoking Week 4: Alcohol Week 5: Healthy friendships

<u>Year 5</u>

Week 1: Smoking Week 2: Alcohol Week 3: Emergency aid Week 4: Body image Week 5: My relationship with food

<u>Year 3</u>

Week 1 & 2: Being fit and healthy Week 3: What do I know about drugs? Week 4: Being safe Week 5: Safe or unsafe

<u>Year 6</u>

Week 1: Taking responsibility for my health and wellbeing / Managing stress and pressure Week 2: Drugs Week 3: Exploitation Week 4: Gangs Week 5: Emotional and mental health



<u>Week 1</u> <u>Lesson aim:</u> Being healthy <u>Vocab:</u> Healthy	<u>Week 2</u> <u>Lesson aim:</u> Healthy choices <u>Vocab:</u> Healthy Unhealthy	Week 3 Lesson aim: Clean and healthy Vocab: Healthy Germs Clean Virus Body parts	Resources to help support learning at home: <u>Book list</u>		
Unhealthy Balanced Exercise	Balanced Exercise Sleep	Toiletry items e.g. toothbrush, shampoo	Title Healthy me: Eating well	Author Katie Woolley	Summary Non-fiction book about healthy eating
Sleep	Choices	Hygienic Safe	The Couch Potato	Jory John	The message of this story aims to encourage children to balance screen time and playtime/fresh air
	Stavnor Hall	Year 1 Spring 2 Healthy Me	All the Nonsense in my teeth	Mike Henson and Barbara Bakos	Encourages good personal hygiene and following a daily routine.
		7	Healthy me: Keeping clean	Katie Woolley	Non-fiction book about why it is important to keep clean
<u>Week 4</u> <u>Lesson aim:</u> Medicine safety <u>Vocab:</u> Medicines Healthy Unhealthy Trust Safe	Week 5 Lesson aim: Road safety <u>Vocab:</u> Safe Look Safety Listen Green cross code Eyes Wait Ears		<u>science-ks1-keepi</u> <u>https://www.heal</u> <u>y/</u> - please check	ing-my-bod ^y thforkids.c your child	h/class-clips-video/ y-healthy/zk4dwty co.uk/staying-health access the heir age when using

Week 1 Lesson aim: Being healthy Vocab: Healthy choices Lifestyle Motivation Week 2 Lesson aim: Being relaxed Vocab: Relax Relaxation Tense Calm Stress



Year 2 Spring 2 Healthy Me

Week 3

Vocab:

Healthy

Safe

Body

Unhealthy

Dangerous Medicines

Lesson aim:

Medicine safety

Resources to help support learning at home:

Book list

Title	Author	Summary
Healthy me: Eating well	Katie Woolley	Non-fiction book about healthy eating
The Couch Potato	Jory John	The message of this story aims to encourage children to balance screen time and playtime/fresh air
All the Nonsense in my teeth	Mike Henson and Barbara Bakos	Encourages good personal hygiene and following a daily routine.
Healthy me: Keeping clean	Katie Woolley	Non-fiction book about why it is important to keep clean

<u>Websites</u>

https://www.bbc.co.uk/teach/class-clips-video/ science-ks1-keeping-my-body-healthy/zk4dwty

https://www.healthforkids.co.uk/staying-health y/ - please check your child access the information appropriate to their age when using this resource

<u>Week 4 & 5</u>
<u>Lesson aim:</u>
Healthy Eating
Vocab:
Healthy Nutritious
Unhealthy
Balanced diet
Portion
Proportion
Energy
Fuel

VALUE IN A 9 E

<u>Week 1 & 2</u> <u>Lesson aim:</u> Being fit and healthy <u>Vocab:</u> Oxygen Labels	<u>Week 3</u> <u>Lesson aim:</u> What do I know about drugs? Vocab:		Week 4 Lesson aim: Being safe Vocab: Safe Fire engine Anxious Police car	Resources to help support learning at home: <u>Book list</u>		
Energy Sugar Calories/kilojoules Heartbeat Fat Lungs Unsaturated fat Heart Fitness	Healthy Drugs Attitude		Scared Coastguard Strategy Ambulance Advice Dangerous Emergency	Title Super Foods for Super Kids cookbook	Author Noelle Martin	Summary An informative and fun way to introduce KS2 children to healthy cooking and a sensible diet.
1111635]	Emergency services	Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
	Staynor Hall	Year H	r 3 Spring 2 ealthy Me	See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.
<u>Week 5</u> <u>Lesson aim:</u> Safe or unsafe				<u>Websites</u> https://www.b vv4j	bc.co.uk/bi	tesize/articles/zpp

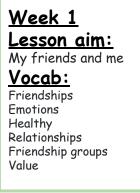
https://www.foodafactoflife.org.uk/7-11-yea rs/healthy-eating-7-11-years/

https://www.bbc.co.uk/teach/class-clips-vide o/pshe-ks2--ks3-how-to-make-an-emergency

-call/zg3pxbk

<u>Vocab:</u> Safe

Harmful Risk Feelings



Week 2 Lesson aim: Group dynamics Vocab: Friendship groups Roles Leader Follower Assertive Agree/disagree



Year 4 Spring 2 Healthy Me

Week 3

Smoking

Vocab:

Smokina

Pressure

Vaping

Peers

Guilt

Advice

Lesson aim:

Week 4 Lesson aim: Alcohol Vocab: Alcohol Liver Disease

Week 5 Lesson aim: Healthy friendships Vocab: Pressure Peers Anxiety Fears

Resources to help support learning at home: <u>Book list</u>

Title	Author	Summary
Super Foods for Super Kids cookbook	Noelle Martin	An informative and fun way to introduce K52 children to healthy cooking and a sensible diet.
Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.

<u>Websites</u>

<u>https://www.bbc.co.uk/bitesize/articles/zpp</u> <u>vv4j</u>

https://www.foodafactoflife.org.uk/7-11-yea rs/healthy-eating-7-11-years/

https://www.bbc.co.uk/teach/class-clips-vide o/pshe-ks2--ks3-how-to-make-an-emergency -call/zg3pxbk



Week 2 Lesson aim: Alcohol Vocab: Choices Healthy behaviour Unhealthy behaviour Informed decision Pressure Media Influence



Week 3 Lesson aim: Emergency aid Vocab: Emergency Procedure Recovery position Calm Level-headed

Year 5 Spring 2 Healthy Me Resources to help support learning at home: <u>Book list</u>

Title	Author	Summary
Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
All bodies are wonderful	Beth Cox	This book will help children to be themselves and feel like they belong. From the atoms that made them to the things that bodies can do, ALL bodies are wonderful.
See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.
All the things that could go wrong	Stewart Foster	An absorbing story about bullying and friendships. It also touches on mental health.

Websites:

https://www.bbc.co.uk/teach/class-clips-video/psh e-ks2--ks3-how-to-make-an-emergency-call/zg3px bk

https://www.youtube.com/watch?v=GmqXqwSV3bo

https://www.bbc.co.uk/teach/teach/childrens-men tal-health-week/zk37bdm

<u>Week 4</u> Lesson aim:

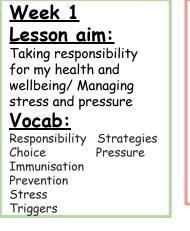
Body image Vocab: Body image Media Social media

Celebrity Altered

Self-respect Comparison

<u>Week 5</u>

Lesson aim: My relationship with food Vocab: Body image Informed decisions/choices Pressure



Week 2 Lesson aim: Drugs Vocab: Drugs Illegal Effects Motivation Prescribed Unrestricted Over-the-counter Restricted Volatile substances Synthetic highs New psychoactive substances



Year 6 Spring 2 Healthy Me

Week 3

Vocab:

Exploited

Drugs

Illegal

Gangs

Criminal

Vulnerable

Lesson aim:

Exploitation

Resources to help support learning at home:

<u>Book list</u>

Title	Author	Summary
Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
All bodies are wonderful	Beth Cox	This book will help children to be themselves and feel like they belong. From the atoms that made them to the things that bodies can do, ALL bodies are wonderful.
See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.
All the things that could go wrong	Stewart Foster	An absorbing story about bullying and friendships. It also touches on mental health.

Websites:

https://www.bbc.co.uk/bitesize/topics/zcyyc dm/articles/zk784xs

https://www.bbc.co.uk/teach/teach/children s-mental-health-week/zk37bdm

<u>Week 4</u> Lesson aim:

Gangs Vocab:

VOCAD: Gang

Pressure Strategies Reputation Anti-social behaviour Crime Illegal

<u>Week 5</u>

Lesson aim: Emotional and mental health

Vocab: Mental health

Emotional health Mental illness Symptoms