

KS1 - Year 1 – Medium Term Plan			
Term	Topic/LO	Success Criteria	Resources/Ideas
Spring – Health and Wellbeing Relationships	<p>Keeping healthy, food exercise, hygiene routines and sun safety</p> <p><u>LO: To understand what it means to be healthy (exercise, sleep/rest, diet, hygiene)</u></p>	<ul style="list-style-type: none"> I can explain why it is important to be healthy I know ways to take care of myself on a daily basis including basic hygiene routines, e.g. hand washing (relate to Coronavirus, flu, germs spreading) I can name healthy and unhealthy foods, including sugar intake I know physical activity (<i>P.E, daily mile</i>) keeps people healthy and the importance of balancing indoor, outdoor and screen-based Play (computers/ gaming/TV) I can name people who can help to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors, teachers, family members I know how to keep safe in the sun <u>summer and winter</u> 	<p>Discussion Food dairies Photos from home Mind maps Videos <u>Science link</u></p>
	<p>How rules and age restrictions help us; keeping safe online</p> <p><u>LO: To understand how rules keep us safe</u></p>	<ul style="list-style-type: none"> I can explain why some things have age restrictions, e.g. TV and film, games, toys or play areas I know whom to tell if I see something online that make me feel unhappy, worried, or scared 	<p>Discussion (photo evidence)</p>
	<p>Roles of different people; families; feeling cared for</p> <p><u>LO: To understand who takes care of me.</u></p>	<ul style="list-style-type: none"> I know the role these different people play in my life and how they care for me I know what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc. I know how and when it is important to tell somebody in my family about a concern regarding a family member. 	<p>Family photos Discussion Mind maps</p>

LKS2 - Year 3 – Medium Term Plan

Term	Topic/LO	Success Criteria	Resources/Ideas
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Spring – Health and Wellbeing Relationships</p>	<p>Health choices and habits; what affects feelings; expressing feelings</p> <p><u>LO: To understand that the choice people make in daily life affect their health (physical)</u></p>	<ul style="list-style-type: none"> • I can identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep) • I know that things can have a good or negative influence on the choices people make • I know that habits can be positive or negative and can be maintained, changed or stopped • I know what is meant by a healthy, balanced diet • I know that regular exercise has positive benefits on mental and physical health • To understand that the choice people make in daily life affect their health (mental) • I can identify things that affect feelings both positively and negatively • I can identify and talk about feelings • I know different ways to express feelings e.g. words, actions, body Language • I can recognise how feelings can change overtime and become more or less powerful 	<p>Discussion Food dairies Photos from home Mind maps Videos Science link</p>
	<p>Risks and hazards; safety in the local environment and unfamiliar places</p> <p><u>LO: To be able to identify typical hazards at home and in school</u></p>	<ul style="list-style-type: none"> • I can predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen • I am aware of fire safety. including the need for smoke alarms (Grenfell tower) • I know the importance of following safety rules from parents and other adults • I know how to keep safe in the local environment or unfamiliar places, including road, rail, water and firework 	<p>Discussion (photo evidence) Videos BBC news report RULES</p>
	<p>What makes a family; features of family life</p> <p><u>LO – To understand that family units may look different but all provide love and stability e.g same sex, blended, adopted, single parent households</u></p>	<ul style="list-style-type: none"> • I know the benefits of being in a family e.g. spending time together, caring for each other and supporting each other etc. • I know that families have disagreements which can make me feel unhappy or even unsafe • I know what to do and who to talk to if there are problems in my family which make me unhappy and unsafe 	<p>Family photos Discussion Mind maps</p>

UKS2 - Year 5 – Medium Term Plan

Term	Topic/LO	Success Criteria	Resources/Ideas
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Spring – Health and Wellbeing Relationships</p>	<p>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p><u>LO: To understand how to manage and maintain a balanced, healthy lifestyle(physically and mentally)</u></p>	<ul style="list-style-type: none"> I know healthy sleep strategies and how to maintain them I know about the benefits of being outdoors and in the sun for physical and mental health I know how to manage risk in relation to sun exposure, including skin damage and heat Stroke I know how medicines can contribute positively and negatively to health (include allergies, drugs etc.) I know that some diseases and viruses can be prevented by vaccinations and immunisations I know that the spread of some diseases and viruses can be prevented with everyday hygiene routines 	<p>Discussion Mind maps Videos News reports</p>
	<p>Keeping safe in different situations, including responding in emergencies, first aid and FGM</p> <p><u>LO - To be able to identify when situations are risky, unsafe or an emergency</u></p>	<ul style="list-style-type: none"> I know when I can take responsibility for my own safety I know the difference between positive and negative risk taking (e.g. trying a challenging new sport) and dangerous behaviour I know basic first aid I know how to respond in an emergency and how to contact different emergency services I know that female genital mutilation (FGM) is against British law and whom to tell if they or someone they know might be at risk of FGM 	<p>Discussion (photo evidence) PowerPoint Role Play Scenarios</p>
	<p>Managing friendships and peer influence</p> <p><u>LO – To understand what it means to be included.</u></p>	<ul style="list-style-type: none"> I know that other people’s behaviour or my own behaviour can influence myself and others I understand the need for peer approval and how it can impact my behaviour I know that friendship groups have differences but I shouldn’t change myself to fit in. (race, social class, appearance, gender, disabilities likes/dislikes etc.) I know that friendships bring challenges and may breakdown I know how to resolve disputes and reconcile with friends I know that friendship groups can change over time but this may bring different benefits 	<p>Discussion Mind maps Friendship hands Self portraits Positive affirmation</p>