

Autumn Term	Spring Term	Summer Term
<b>Theme: Health and Wellbeing</b>	<b>Theme: Relationships</b>	<b>Theme: Living in the wider world</b>
Where we learn to keep ourselves and others happy, healthy and safe in the world around us.		
<p><b>Key Objectives:</b></p> <p><b>Lesson 1: Can I understand and plan for a healthy lifestyle?</b></p> <ul style="list-style-type: none"> <li>• To plan for a healthy lifestyle</li> <li>• I understand the importance of a healthy diet, good oral hygiene, rest and relaxation and physical activity</li> <li>• I take responsibility for my mental and physical health</li> <li>• I can set myself achievable goals</li> </ul> <p><b>L1 Key Vocabulary: Responsibility Health Physical Mental</b></p> <p><b>Lesson 2: Can I understand how to plan a healthy meal?</b></p> <ul style="list-style-type: none"> <li>• To understand and be able to plan healthy meals</li> <li>• I understand what a healthy diet consists of and create healthy meals using this knowledge</li> <li>• I can plan a healthy meal, following the NHS recommended daily intake allowance</li> </ul> <p><b>L2 Key Vocabulary: Calories Healthy diet Food groups Recommended daily intake (RDI) Serving Portion Obesity</b></p> <p><b>Lesson 3: Can I make long term goals?</b></p> <ul style="list-style-type: none"> <li>• To identify long term goals and how to work towards them</li> <li>• I can describe qualities I want to have</li> <li>• I can plan how to get better at something</li> <li>• I can create achievable goals</li> </ul> <p><b>L3 Key Vocabulary: Future Skills Values</b></p> <p><b>Lesson 4: Can I learn how failure can help me to succeed?</b></p> <ul style="list-style-type: none"> <li>• To understand the purpose of failure</li> <li>• I can describe how failing makes me feel</li> <li>• I know strategies to help manage feelings of failure</li> <li>• I understand why failure is helpful</li> <li>• I know that it is important to learn from failure</li> </ul> <p><b>L4 Key Vocabulary: failure feelings learn manage</b></p> <p><b>Lesson 5: Can I learn how to take responsibility for my own actions and feelings?</b></p> <ul style="list-style-type: none"> <li>• To take responsibility for their own feelings and actions and to use vocabulary to describe these</li> <li>• I can describe a range of feelings</li> <li>• I understand that my actions affect other people</li> <li>• I can use different strategies to manage my feelings</li> </ul> <p><b>L5 Key Vocabulary: Destiny Choice Feeling Emotion</b></p>	<p><b>Lesson 1: Can I learn how to maintain positive relationships with others?</b></p> <ul style="list-style-type: none"> <li>• To understand how to form and maintain positive relationships</li> <li>• I understand what makes a good friend</li> <li>• I know why friends are important</li> <li>• I can set myself a friendship-themed goal</li> </ul> <p><b>L1 Key Vocabulary: Friend Friendship Skills Good friend</b></p> <p><b>Lesson 2: Can I explore the positives and problems of friendships?</b></p> <ul style="list-style-type: none"> <li>• To explore the ups and downs of friendships.</li> <li>• I understand that friendships have ups and downs.</li> <li>• I can provide possible solutions to friendship problems.</li> <li>• I understand that friendships can sometimes be strengthened after an issue has occurred.</li> </ul> <p><b>L2 Key Vocabulary: Friendship Problem Ups and downs Solution Strengthened</b></p> <p><b>Lesson 3: Can I learn how to resolve conflict with others?</b></p> <ul style="list-style-type: none"> <li>• To resolve disputes and conflict through negotiation and compromise.</li> <li>• I can describe situations where conflict may arise.</li> <li>• I can name different strategies to manage conflict.</li> <li>• I can describe what conflict, negotiate and compromise mean.</li> </ul> <p><b>L3 Key Vocabulary: Conflict Argument Disagreement Solve Resolve Apology</b></p> <p><b>Lesson 4: Can I recognise how attitudes to gender have changed over time?</b></p> <ul style="list-style-type: none"> <li>• To recognise how attitudes to gender have changed over time.</li> <li>• I understand that attitudes and laws relating to gender have changed over time.</li> <li>• I can explain why gender equality is important.</li> </ul> <p><b>L4 Key Vocabulary: Gender Stereotype Equality Change</b></p> <p><b>Lesson 5: Can I explore the impact of stereotypes?</b></p> <ul style="list-style-type: none"> <li>• To explore the impact of stereotypes and how they can lead to discrimination</li> <li>• I can explain how we make assumptions about people based on how they look</li> <li>• I understand that stereotypes around race and religion can be harmful</li> <li>• I can explain how stereotypes can affect the way people are treated and can lead to discrimination</li> </ul> <p><b>L5 Key Vocabulary: Race Religion Stereotype Discrimination Racism</b></p>	<p><b>Lesson 1: Can I begin to understand the consequences of breaking the law?</b></p> <ul style="list-style-type: none"> <li>• To begin to understand what happens when the law is broken.</li> <li>• I understand what happens when someone breaks the law.</li> <li>• I can explain the process of a trial.</li> </ul> <p><b>L1 Key Vocabulary: rule consequence law magistrates' court Crown Court police trial fair judge jury prosecution lawyer defence lawyer defendant</b></p> <p><b>Lesson 2: Can I explore the links between rights and responsibilities?</b></p> <ul style="list-style-type: none"> <li>• To explore the links between rights and responsibilities.</li> <li>• I understand that rights apply to everyone.</li> <li>• I understand that there are responsibilities as well as rights.</li> <li>• I can explain what freedom of expression means and what limitations there are.</li> </ul> <p><b>L2 Key Vocabulary: freedom of expression right Responsibility</b></p> <p><b>Lesson 3: Can I explore how I can help the environment?</b></p> <ul style="list-style-type: none"> <li>• To understand how reducing our use of materials and energy will help the environment.</li> <li>• I understand how reducing the use of materials and energy helps the environment.</li> <li>• I can explain some of the things individuals can do to reduce use of materials and energy.</li> <li>• I can explain some of the things the government and business can do to reduce the use of materials and energy.</li> <li>• I know how individuals can influence government and business.</li> </ul> <p><b>L3 Key Vocabulary: reduce environment energy materials government company businesses</b></p> <p><b>Lesson 4: Can I explore what a loan is?</b></p> <ul style="list-style-type: none"> <li>• To understand that a loan can be a way to pay for things but that it needs to be repaid</li> <li>• I understand that people sometimes borrow money to buy things</li> <li>• I understand that if you borrow money you have to return it</li> <li>• I understand that there are different ways to borrow money and most will have a cost</li> <li>• I can explain why people make different decisions about money</li> </ul> <p><b>L4 Key Vocabulary: Lend Borrow Interest Repayment</b></p> <p><b>Lesson 5: Can I learn how to track money?</b></p> <ul style="list-style-type: none"> <li>• To understand income and expenditure and how to track money</li> <li>• I understand what income and expenditure are</li> <li>• I can track income and expenditure</li> </ul>

**Cross-Curricular Links:**

**Autumn:**

**Spring:**

**Summer:**

**Enrichment:**

**Autumn:**

**Spring:**

**Summer:**

**Key Skills which can be revisited throughout other Subject Areas:**

**Key Days:**

		<ul style="list-style-type: none"> <li>• I understand that there are choices to be made on how to earn money</li> <li>• I can explain why people might make different choices about money</li> </ul> <p><b>L5 Key Vocabulary: Income Expenditure Earn Save Spend</b></p>
<p><u><a href="#">Link to the National Curriculum</a></u></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<p><u><a href="#">Link to the National Curriculum</a></u></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<p><u><a href="#">Link to the National Curriculum</a></u></p> <ul style="list-style-type: none"> <li>•</li> </ul>

**National Curriculum: By the end of KS1, pupils will be able to:**

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