

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>  <u><b>Lesson 1: Can I understand what it means to lead a healthy life?</b></u>                      • To understand and plan for a healthy lifestyle including physical activity, rest and diet.                      • I understand what a balanced diet is.                      • I know that what I eat affects my mood and behaviour.                      • I understand that I need more energy from food when I am more energetic.  <b>L1 Key Vocabulary: Exercise Balance Diet Energy Intake</b></p> <p><u><b>Lesson 2: Can I identify the benefits of healthy eating?</b></u>                      • To understand the benefits of healthy eating and dental health.                      • I can describe the benefits of a healthy diet on mental and physical wellbeing.                      • I understand the importance of good oral hygiene.                      • I understand the importance of keeping well hydrated  <b>L2 Key Vocabulary: Teeth Healthy Balanced Food group</b></p> <p><u><b>Lesson 3: Can I identify my own strengths and how these can help others?</b></u>                      • To identify my own strengths and begin to see how they can affect others                      • I can say what I am good at                      • I understand that I can help other people                      • I can describe how I can use my strengths to help others                      • I understand how my behaviour and actions affect other people.  <b>L3 Key Vocabulary: Hero Strengths Power</b></p> <p><u><b>Lesson 4: Can I learn how to overcome problems and barriers?</b></u>                      • I can identify a problem or barrier.                      • To break down barriers into smaller, achievable goals.                      • I can break down a problem into smaller goals.                      • I can create a plan to overcome a barrier or issue.  <b>L4 Key Vocabulary: barriers strategy</b></p> <p><u><b>Lesson 5: Can I identify the role I can play in an emergency situation?</b></u>  <b>(Building on from Year 2)</b>                      • To understand the role that I can take in an emergency situation.                      • I understand it is most important to ensure the safety of myself and others in the event of an emergency.                      • I can assist in an emergency by correctly calling for help.                      • I know the information I need to give to emergency services if they are called to an incident.  <b>L5 Key Vocabulary: emergency hazard 999 / 112 emergency services emergency operator location injuries</b></p>	<p><b>Key Objectives:</b>  <u><b>Lesson 1: Can I explore the role families play in our lives?</b></u>                      • To understand that families love and support each other but sometimes problems can occur and help is available if Needed.                      • I understand that all families are different                      • I can explain ways in which families support each other                      • I know there are people who can help if I am worried about anything in my family  <b>L1 Key Vocabulary: Family Different Support Care Love Problem Help</b></p> <p><u><b>Lesson 2: Can I learn how to resolve conflict within friendships?</b></u>                      • To understand that friendships have ups and downs and that problems can be resolved.                      • I understand that I may experience problems with my friends and this is normal.                      • I can explain some steps I can take to resolve problems with my friends.                      • I understand that violence is never the right way to solve a problem.  <b>L2 Key Vocabulary: Friend Problem Talking Listening Calm Forgive Apologise</b></p> <p><u><b>Lesson 3: Can I identify what bullying is?</b></u>                      • To begin to understand the impact of bullying                      • I understand what bullying is                      • I can explain some of the possible effects of bullying                      • I know what help is available in my school if someone is being bullied  <b>L3 Key Vocabulary: Bullying Repeated Physical Emotional Report</b></p> <p><u><b>Lesson 4: Can I learn how to communicate effectively with others?</b></u>                      • To listen and communicate effectively                      • I understand that there are different ways to communicate                      • I can communicate my meaning without talking                      • I can listen and show that I'm listening                      • I know how to be a good listener  <b>L4 Key Vocabulary: Communicate Communication Listen Empathy Sympathy Open questions</b></p> <p><u><b>Lesson 5: Can explore the differences between people and learn how to respect difference?</b></u>                      • To begin to understand the differences between people and why it is important to respect these differences                      • I can identify similarities and differences between people                      • I understand how I should treat people who are different to me  <b>L5 Key Vocabulary: Same Different Similar Respect</b></p>	<p><b>Key Objectives:</b>  <u><b>Lesson 1: Can I identify my own rights?</b></u>                      • To begin to understand the UN convention on the rights of the child                      • I understand that children have rights                      • I can explain how some of these rights benefit me                      • I understand that not all children benefit from the rights                      • To understand the responsibilities of both children and adults to help all children benefit from their rights  <b>L1 Key Vocabulary: Rights UN/United Nations Convention on rights Benefit Responsibility</b></p> <p><u><b>Lesson 2: Can I explore the importance of rules and consequences?</b></u>                      • To understand why we have rules and the consequences of breaking rules at school and home                      • I understand why we have rules at school and home                      • I can explain some of the consequences of breaking rules                      • I can identify whether a consequence is fair or not  <b>L2 Key Vocabulary: Rule Break Fair Consequence</b></p> <p><u><b>Lesson 3: Can I explore my local community?</b></u>                      • To understand the groups which make up the community                      • I understand that there are buildings and places which are there for the community                      • I can explain what a community is                      • I can identify groups who exist in the community                      • I can explain the links between groups  <b>L3 Key Vocabulary: Building Community Purpose Support Together</b></p> <p><u><b>Lesson 4: Can I begin to consider a job I'd like to do in the future?</b></u>                      • To understand that there are a range of jobs available and to think about what job they might want to do                      • I understand that there are many jobs available                      • I can identify jobs I might want to do                      • I can explain why I might be able to a particular job  <b>L4 Key Vocabulary: Job Career Skills Interests</b></p> <p><u><b>Lesson 5: Can I identify the different ways of paying for things?</b></u>                      • To understand the different ways to pay for things and why people might choose them                      • I understand the different ways we can pay for things                      • I understand that even if I pay without cash I still need to have the money to cover the purchase                      • I can explain why people might chooses certain ways to pay • I understand that deciding how to pay for something is a personal choice  <b>L5 Key Vocabulary: Bank Building society Saving account Regular saver Interest Online banking</b></p>

**Cross-Curricular Links:**

**Autumn:**

**Spring:**

**Summer:**

**Enrichment:**

**Autumn:**

**Spring:**

**Summer:**

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

**Key Days:**

<a href="#"><u>Link to the National Curriculum</u></a>	<a href="#"><u>Link to the National Curriculum</u></a>	<a href="#"><u>Link to the National Curriculum</u></a>
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**National Curriculum: By the end of KS1, pupils will be able to:**

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