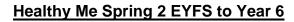


Year Group	No Outsiders	Piece 1	Piece 2	Piece 3	Piece 4	<u>Piece 5</u>	<u>Piece 6</u>
EYFS	All families are different.	Lesson 1 – Everybody's body Objective To make a healthy choice Learning Intention I understand that I need to exercise to keep my body healthy.	Lesson 2 – We like to move it, move it! Objective To understand the importance of being physically active Learning Intention I understand how moving and resting are good for my body.	Lesson 3 – Food glorious food Objective To understand what a healthy, balanced diet is Learning Intention I know which foods are healthy and not so healthy and can make healthy eating choices.	Lesson 4 – Sweet dreams Objective To know how to keep myself and others safe Learning Intention I know how to help myself go to sleep and understand why sleep is good for me.	Lesson 5 – Keeping clean Objective To know how to be a good friend and enjoy healthy relationships Learning Intention I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.	Lesson 6 – Safe adults Objective To know how to keep calm and deal with difficult situations Learning Intention I know who my safe adults are and how to stay safe if they are not close by me. CONSENT

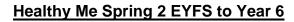


Voor	Droud to be me	Lesson 1 Poins	Losson 2 Hoolthy	Lesson 3 - Clean and	Lesson 4 –	Losson F Bood	Losson 6
Year	Proud to be me.	Lesson 1 – Being healthy	Lesson 2 – Healthy choices	healthy	Medicine safety	Lesson 5 – Road safety	Lesson 6 Objective
		_		1	,		To know how to
		Objective To make a healthy	Objective To understand what	Objective To understand the	Objective To know how to	Objective To know how to be	
		,					keep calm and deal with difficult
		choice	a healthy, balanced	importance of being	keep myself and	a good friend and	
		Learning Intention	diet is	physically active	others safe	enjoy healthy	situations
		I understand the	Learning Intention	Learning Intention	Learning Intention	relationships	First Aid
		difference between	I know how to make	I know how to keep	I understand that	Learning Intention	Importance of
		being healthy and	healthy lifestyle	myself clean and	medicines can help	I know how to keep	knowing how to call
		unhealthy, and know	choices.	healthy, and	me if I feel poorly	safe when crossing	999 and knowing
		some ways to keep	Social and emotional	understand how	and I know how to	the road, and about	your address, name,
		myself healthy.	objective	germs cause	use them safely.	people who can help	phone number and
		Social and emotional	I feel good about	disease/illness.	Social and emotional	me to stay safe.	how to open the front
		objective	myself when I make	I know that all	objective	Social and emotional	door for access for a
		I feel good about	healthy choices.	household products	I know some ways to	objective	trusted person.
		myself when I make		including medicines	help myself when I	I can recognise when	How to make a clear
		healthy choices.		can be harmful if not	feel poorly.	I feel frightened and	and efficient call to
				used properly.	CONSENT	know who to ask for	emergency services
				Social and emotional		help.	if necessary.
				objective			Concepts of basic
				I am special so I keep			first aid, for example
				myself safe.			
							dealing with common
							injuries, including
							head injuries





Year	To think about	Lesson 1 – Being	Lesson 2 – Being	Lesson 3 – Medicine	Lesson 4 – Healthy	Lesson 5 -	Lesson 6 -
2	what makes a	healthy	relaxed	safety	eating & Healthy,	Objective	Objective
	good friend.	Objective	Objective	Objective	happy me	To know how to be	To know how to
		To make a healthy	To understand	To understand the	Objective	a good friend and	keep calm and deal
		choice	what a healthy,	importance of being	To know how to	enjoy healthy	with difficult
		Learning Intention	balanced diet is	physically active	keep myself and	relationships	situations
		I know what I need to	Learning Intention	Learning Intention	others safe	-	
		keep my body	I can show or tell	I understand how	Learning Intention	Brain breaks and age	Who helps us to stay
		healthy.	you what relaxed	medicines work in my	I can sort foods into	restrictions	healthy? The
		Social and emotional	means and I know	body and how	the correct food		importance of doctor
		objective	some things that	important it is to use	groups and know		and dentist visits to
		I am motivated to	make me feel	them safely.	which foods my body		help us stay healthy.
		make healthy	relaxed and some	Social and emotional	needs every day to		
		lifestyle choices.	that make me feel	objective	keep me healthy.		
			stressed.	I feel positive about	I can make some		
			Social and emotional	caring for my body	healthy snacks and		
			objective	and keeping it	explain why they are		
			I can tell you when a	healthy.	good for my body.		
			feeling is weak and	CONSENT	I can decide which		
			when a feeling is		foods to eat to give		
			strong.		my body energy.		
					Social and emotional		
					objective		
					I have a healthy		
					relationship with food		
					and know which foods		
					I enjoy the most.		
					I can express how it		
					feels to share healthy		
					food with my friends.		
					I have a healthy		
					relationship with food		
					and know which foods		
					are most nutritious for		
					my body.		





Year 3	To recognise a stereotype.	Lesson 1 – Being fit and healthy Objective To make a healthy choice Learning Intention I understand how exercise affects my body and know why my heart and lungs are such important organs. Social and emotional objective I can set myself a fitness challenge.	Lesson 2 – Being fit and healthy Objective To understand what a healthy, balanced diet is Learning Intention I know that the amount of calories, fat and sugar I put into my body will affect my health. Social and emotional objective I know what it feels like to make a healthy choice.	Lesson 3 – What do I know about drugs? Objective To understand the importance of being physically active Learning Intention I can tell you my knowledge and attitude towards drugs. Social and emotional objective I can identify how I feel towards drugs. CONSENT	Lesson 4 – Being safe Objective To know how to keep myself and others safe Learning Intention I can identify things, people and places that I need to keep safe from. I know some strategies for keeping myself safe, who to go to for help and how to call emergency services. Social and emotional objective I can express how being anxious or scared feels. CONSENT	Lesson 5- Safe or unsafe Objective To know how to be a good friend and enjoy healthy relationships Learning Intention I can identify when something feels safe or unsafe. Social and emotional objective I can take responsibility for keeping myself and others safe. CONSENT	Lesson 6 – My amazing body Objective To know how to keep calm and deal with difficult situations Learning Intention I understand how complex my body is and how important it is to take care of it. Social and emotional objective I respect my body and appreciate what it does for me.
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with.



Year 4	To find common ground.	Lesson 1 – My friends and me and Group dynamics Objective To make a healthy choice Learning Intention I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations. Social and emotional objective I can identify the feelings I have about my friends and my different friendship groups. I am aware of how different people and groups impact on me and can recognise the people I most want to be friends	Lesson 2 – Healthy teeth and gums Objective To understand what a healthy, balanced diet is Learning Intention I can identify different ways that I can take care of my oral hygiene and why this is important. Social and emotional objective I can recognise that the lifestyle choices people can make can have an impact on dental health.	Lesson 3 - Smoking Objective To understand the importance of being physically active Learning Intention I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. Social and emotional objective I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others. CONSENT	Lesson 4 - Alcohol Objective To know how to keep myself and others safe Learning Intention I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. Social and emotional objective I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others. CONSENT	Lesson 5 – Healthy friendships Objective To know how to be a good friend and enjoy healthy relationships Learning Intention I can recognise when people are putting me under pressure and can explain ways to resist this when I want. Social and emotional objective I can identify feelings of anxiety and fear associated with peer pressure. CONSENT	Lesson 6 – Celebrating My Inner Strength and Assertiveness Objective To know how to keep calm and deal with difficult situations Learning Intention I know myself well enough to have a clear picture of what I believe is right and wrong. Social and emotional objective I can tap into my inner strength and know how to be assertive. CONSENT



Year	To recognise	Lesson 1 - Smoking	Lesson 2 - Alcohol	Lesson 3 –	Lesson 4 – Body	Lesson 5 – My	Lesson 6 – Healthy
5	when someone	Objective	Objective	Emergency aid	image	relationship with food	me
	needs help.	To make a healthy	To understand	Objective	Objective	Objective	Objective
		choice	what a healthy,	To understand the	To know how to	To know how to be	To know how to
		Learning Intention	balanced diet is	importance of being	keep myself and	a good friend and	keep calm and deal
		I know the health	Learning Intention	physically active	others safe	enjoy healthy	with difficult
		risks of smoking and	I know some of the	Learning Intention	Learning Intention	relationships	situations
		can tell you how	risks with misusing	I know and can put	I understand how the	Learning Intention	Learning Intention
		tobacco affects the	alcohol, including	into practice basic	media, social media	I can describe the	I know what makes a
		lungs, liver and	anti-social	emergency aid	and celebrity culture	different roles food	healthy lifestyle
		heart.	behaviour, and how	procedures (including	promotes certain body	can play in people's	including healthy
		Social and emotional	it affects the liver	recovery position) and	types.	lives and can explain	eating and the
		objective	and heart.	know how to get help	Social and emotional	how people can	choices I need to
		I can make an	Social and emotional	in emergency	objective	develop eating	make to be healthy
		informed decision	objective	situations.	I can reflect on my	problems (disorders)	and happy.
		about whether or not	I can make an	Social and emotional	own body image and	relating to body	Social and emotional
		I choose to smoke	informed decision	objective	know how important it	image pressures.	objective
		and know how to	about whether or not	I know how to keep	is that this is positive	Social and emotional	I am motivated to
		resist pressure.	I choose to drink	myself calm in	and I accept and	objective	keep myself healthy
		CONSENT	alcohol and know	emergencies.	respect myself for	I respect and value	and happy.
			how to resist		who I am.	my body.	
			pressure.				
			CONSENT				



Year	To consider	Lesson 1 – Taking	Lesson 2 - Drugs	Lesson 3 –	Lesson 4 -	Lesson 5 –	Lesson 6 –
6	causes of	responsibility for my	Objective	Exploitation and	Objective	Emotional and	Managing stress and
	racism.	health and wellbeing	To understand	Gangs	To know how to	mental health	pressure
		Objective	what a healthy,	Objective	keep myself and	Objective	Objective
		To make a healthy	balanced diet is	To understand the	others safe	To know how to be	To know how to
		choice	Learning Intention	importance of being		a good friend and	keep calm and deal
		Learning Intention	I know about	physically active	The facts and science	enjoy healthy	with difficult
		I can take	different types of	Learning Intention	relating to allergies,	relationships	situations
		responsibility for my	drugs and their uses	I understand that	immunisation and	Learning Intention	Learning Intention
		health and make	and their effects on	some people can be		I understand what it	I can recognise
		choices that benefit	the body particularly	exploited and made to	vaccination.	means to be	stress and the
		my health and well-	the liver and heart.	do things that are	CONSENT	emotionally well and	triggers that cause
		being. (ensure	Social and emotional	against the law.		can explore people's	this and I understand
		explicit discussions	objective I am	I know why some		attitudes towards	how stress can cause
		around mental health	motivated to find	people join gangs and		mental health/illness.	drug and alcohol
		and that it is equally	ways to be happy	the risks this involves.		Social and emotional	misuse.
		important as physical	and cope with life's	Social and emotional		objective	Social and emotional
		health)	situations without	objective		I know how to help	objective
		Social and emotional	using drugs.	I can suggest ways		myself feel	I can use different
		objective	CONSENT	that someone who is		emotionally healthy	strategies to manage
		I am motivated to		being exploited can		and can recognise	stress and pressure.
		care for my physical		help themselves.		when I need help	CONSENT
		and emotional		I can suggest		with this.	
		health.		strategies someone			
		CONSENT		could use to avoid			
				being pressurised.			
				CONSENT			