

Scheme of Work		Family and Friendship	
Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Caring friendships (2a,2c) Health Education Mental wellbeing (6b,6c,6g)	Learning Intention To recognise the importance of friendship Learning Outcomes Know that friendships can make us feel happy Know some ways that we can make new friends feel welcome	Lesson 1 <a href="#">Caring Friendships</a>	Elephant glove puppet or toy <a href="#">Pictures of children at school</a>
Relationships Education Caring friendships (2d) Health Education Mental wellbeing (6b,6c)	Learning Intention To recognise the importance of saying sorry and forgiveness Learning Outcomes Know that arguing with friends and then making up can make friendships stronger That resorting to violence is never right	Lesson 2 <a href="#">Being Kind</a>	Elephant glove puppet or toy Picture of a crown and art materials to make crowns, i.e. paper or play-doh
Relationships Education Families and people who care for me (1a) Caring friendships (2a) Respectful relationships (3a)	Learning Intention To recognise that all families are different Learning Outcomes Identify different members of the family Understand how members of a family can help each other	Lesson 3 <a href="#">Families</a>	Elephant glove puppet or toy The Family Book, Todd Parr <a href="#">Families pictures</a> Paper and drawing materials
<b>WORD BOX:</b> friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad.			

Year 1			
Scheme of Work		Family and Friendship	
Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Respectful relationships (3a,3e) Healthy Education Mental wellbeing (6b,6c)	Learning Intention To understand that we are all different but can still be friends Learning Outcomes Know that we can be friends with people who are different from us	Lesson 1 <a href="#">Different Friends</a>	Talking object Story bag containing an elephant puppet (or the elephant picture) and a school jumper or shirt if the school has one. Paper and coloured pencils
Relationships Education Families and people who care for me (1a,1b,1c,1d,1f ) Caring friendships (2e) Respectful relationships (3a,3e) Being Safe (5d,5e) Health Education Mental wellbeing (6b,6c)	Learning Intention To explore different types of families and who to ask for help To identify who can help when families make us feel unhappy or unsafe Learning Outcomes Know there are different types of families Know which people we can ask for help	Lesson 3 <a href="#">Families and Care</a>	Talking object Story bag - containing a ball and a school jumper <a href="#">Families pictures</a> The Family Book, Todd Parr
<b>WORD BOX:</b> friends, feelings, similar, different, family			

Year 2			
Scheme of Work		Differences	
Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Respectful relationships (3a,3g)	<p>Learning Intention To introduce the concept of gender stereotypes</p> <p>Learning Outcomes Understand that some people have fixed ideas about what boys and girls can do</p>	Lesson 1 Differences	<p>2 large PE hoops</p> <p>Boy/Girl/Everyone labels</p> <p>Bag of objects and clothing to explore male and female stereotypes or Pictures of objects and clothing</p> <p>Suggested reading: Pearl Power and the Toy Problem, Mel Elliott</p>
WORD BOX: similar, different, gender roles, stereotypes, boy, girl, male, female			

Scheme of Work		Valuing Difference and Keeping Safe	
Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Caring friendships (2e) Respectful relationships (3b,3d,3f ) Being safe (5a,5b,5c,5d,5f,5g)	Learning Intention To consider appropriate and inappropriate physical contact and consent Learning Outcomes Understand that each person's body belongs to them Understand personal space and unwanted touch	Lesson 2 Personal Space	PANTS cards Unwanted Touch scenarios Additional Activities It's my body - a book about body privacy, Louise Spilsbury and Mirella Mariani
Relationships Education Families and people who care for me (1a,1b,1c,1d,1f,) Being safe (5d,5f,5g, 5h)	Learning Intention To explore different types of families and who to go to for help and support Learning Outcomes Understand that all families are different and have different family members Identify who to go to for help and support	Lesson 3 Help and Support	Discovery Education - Families Videos Families pictures Who can I talk to? worksheet The Family Book, Todd Parr Additional Activities Tell Me Again About The Night I Was Born, Jamie Lee Curtis Who's in a Family? Robert Skutch Happy Families, Allan Ahlberg Spark Learns to Fly, Judith Foxon Stranger Danger, Anne Fine
WORD BOX: stereotypes, gender roles, similar, different, male, female, private parts, family, fostering, adoption, relationship			

Scheme of Work		Growing Up	
Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Caring friendships (2b,2c,2d,2e) Respectful relationships (3a,3b,3d,3e,3f,3h) Online relationships (4b,4d)	Learning Intention To explore respect in a range of relationships To discuss the characteristics of healthy relationships Learning Outcomes Know that respect is important in all relationships including online Explain how friendships can make people feel unhappy or uncomfortable.	Lesson 3 Healthy Relationships	Healthy Friendships cards Relationship pictures Online Respect and Self-Respect video <a href="https://www.youtube.com/watch?v=mZtXwLzllpk">https://www.youtube.com/watch?v=mZtXwLzllpk</a>
WORD BOX: physical, emotional, feelings			

Year 5			
Scheme of Work		Puberty	
Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Health Education Mental wellbeing (6c, 6d,6f,) Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To explore the emotional and physical changes occurring in puberty Learning Outcomes Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence	Lesson 1 Talking About Puberty	Growing Up - DVD Puberty Changes Teacher Guide Puberty Changes worksheet Reproductive System slides Pupil Questions template
Health Education Changing adolescent body (8a,8b) Menstruation (9a)	Learning Intention To understand male and female puberty changes in more detail Learning Outcomes Understand how puberty affects the reproductive organs Describe what happens during menstruation and sperm production	Lesson 2 The Reproduction System	Reproductive System slides Puberty Changes Teacher Guide Menstrual cycle animation Male Changes Powerpoint Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of menstrual product (tampons, pads, liners, re-usables) Pupil questions from Lesson 1 Additional Activities What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary Menstruation Card Game Menstruation Card Game whiteboard summary

## Year 5

<p>Health Education Mental wellbeing (6a,6b,6c, 6d,6e,6f,) Changing adolescent body (8a,8b) Menstruation (9a)</p>	<p>Learning Intention To explore the impact of puberty on the body and the importance of physical hygiene To explore ways to get support during puberty Learning Outcomes Explain how to keep clean during puberty Explain how emotions/relationships change during puberty Know how to get help and support during puberty</p>	<p>Lesson 3 <a href="#">Puberty Help and Support</a></p>	<p>Kim's Game items and a cloth to cover them (see lesson plan) <a href="#">Kim's Game Teacher Guide</a> <a href="#">Year 5 Puberty Problem Page</a> <a href="#">Year 5 Puberty Problem Page cut-outs</a> <a href="#">Year 5 Problem Page Teacher Guide</a> Pupil questions from Lesson 1 Additional Activities <a href="#">Puberty Bingo cards</a></p>
<p>Mental wellbeing (6a,6b,6c,6d,6f) Health Education Changing adolescent body (8a, 8b) Menstruation (9a) Key Stage 2 Science - describe the life process of reproduction in some plants and animals -describe the changes as humans develop to old age</p>	<p>Learning Intention To explore how puberty is linked to reproduction Learning Outcomes Know about the physical and emotional changes that happen in puberty Understand that children change into adults to be able to reproduce if they choose to</p>	<p>Lesson 2 <a href="#">What is Puberty?</a></p>	<p>Bag containing spot cream, deodorant, shaving foam, menstrual pads/tampon, a love heart <a href="#">Puberty Card Sort</a> <a href="#">Puberty Card Sort whiteboard summary</a> <a href="#">Body Changes worksheet</a> <a href="#">Puberty Changes Teacher Guide</a> Suggested Reading Where Willy Went, Nicholas Allan Hair in Funny Places, Babette Cole</p>
<p><b>WORD BOX:</b> puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels, wet dreams, semen, erection, sweat, breasts, spots, pubic hair, underarm hair</p>			

Scheme of Work		Puberty, Relationships and Reproduction	
Statutory Guidance	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Relationships Education Families and people who care for us (1a,1b,1d,1e, 1f ) Caring friendships (2a,2b,2c) Respectful relationships 3b,3d,3h) Being safe (5a,5b,5c,5d,5e)	Learning Intention Exploring the importance of communication and respect in relationships Learning Outcomes Explain differences between healthy and unhealthy relationships Know that communication and permission seeking are important Recognise that marriage is a formal and legally recognised commitment of two people to each other, which is intended to be lifelong	Lesson 2 Communication in Relationships	Communication and Touch cards Pupil Questions template
Relationships Education Online relationships (4a,4b,4c,4d,4e) Being safe (5a,5b,5d,5e,5g,5h) Mental wellbeing (6h,6i)	Learning Intention To explore positive and negative ways of communicating in a relationship Learning Outcomes To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong	Lesson 4 Online Relationships	Relationship Question cards Communication Scenario cards Communication Scenarios answers Communication Scenarios whiteboard summary Additional Activities Film clip from <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>
<b>WORD BOX:</b> relationship, friendship, love, consent, communication, personal/private information, internet safety			



Scheme of Work		Medicines and People Who Help Us	
Programme of Study	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>1. What is meant by a healthy lifestyle</p> <p>8. to identify different influences on health and wellbeing</p> <p>-what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health</p> <p>-that household products, including medicines, can be harmful if not used properly</p> <p>-about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them</p>	<p>Learning Intention</p> <p>To identify how to stay healthy</p> <p>Learning Outcome</p> <p>To understand how to look after our bodies</p>	<p>Lesson 1</p> <p>Staying Healthy</p>	<p>Talking Object</p> <p>Healthy and Unhealthy signs</p> <p>Staying Healthy pictures</p> <p>String, pegs</p>
	<p>Learning Intention</p> <p>To explore when and how to take medicines safely</p> <p>Learning Outcomes</p> <p>To know how medicines get into our bodies</p> <p>To know why people use medicines</p> <p>To understand that some people need to take medicines all the time to stay healthy</p>	<p>Lesson 2</p> <p>Medicines</p>	<p>Medicine Facts Teacher Guide</p> <p>Talking Object</p> <p>Medicine pictures</p> <p>Staying Healthy pictures</p> <p>A1 sheet of paper and pens</p> <p>Talking Ball</p> <p>Additional Activities</p> <p><a href="http://www.monkeywellbeing.com/">http://www.monkeywellbeing.com/</a></p>
	<p>Learning Intention</p> <p>To identify who should be able to give us medicine</p> <p>Learning Outcomes</p> <p>To know when we should take medicines and who should give them to us.</p> <p>To know the rules about medicines</p>	<p>Lesson 3</p> <p>Who Gives Us Medicines?</p>	<p>Medicine Facts Teacher Guide</p> <p>Talking Object</p> <p>People Who Help Us photo cards</p> <p>Finger Puppets</p> <p>A positive story about medicines, for example:</p> <p>Little Whistles Medicine, Cynthia Rylant</p> <p>All Better Now, Joy Masoff</p> <p>Harry and the Robots, Ian Whybrow</p>
<b>WORD BOX:</b> un/healthy, un/well, ill, drug, medicine, tablet, injections, inhaler, adult, stranger, doctor, nurse, dentist, hospital			

Scheme of Work		Keeping Safe	
Programme of Study	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Core Theme 1 Health and Wellbeing</p> <p>3. How to manage risks to physical and emotional health wellbeing</p> <p>4. Ways of keeping physically and emotionally safe</p> <p>-that household products, including medicines, can be harmful if not used properly</p> <p>-rules for and ways of keeping physical and emotionally safe (including safety in the environment)</p>	<p>Learning Intention To explore substances and situations that are safe or unsafe</p> <p>Learning Outcomes To know what is safe or unsafe To know when something is too risky</p>	<p>Lesson 1 Risk</p>	<p>Talking Object Safe and Unsafe Situations cards Risk and No Risk signs</p>
	<p>Learning Intention To be able to identify some hazardous substances</p> <p>Learning Outcomes To know that some things we put into our bodies can harm us To know some rules about keeping safe</p>	<p>Lesson 2 Hazardous Substances</p>	<p>Talking Object Selection of household items and cloth to cover them A large box and a selection of empty bottles Hazard symbols</p>
	<p>Learning Intention To consider safety rules for at home and at school</p> <p>Learning Outcome To be able to follow safety instructions and rules at home and at school</p>	<p>Lesson 3 Safety Rules</p>	<p>ROSPA Hunt the Hazard Posters <a href="http://www.rosplashop.com/">http://www.rosplashop.com/</a> Sticky Dots / Dry Wipe Markers Activities <a href="http://www.nationwideeducation.co.uk/safety-education/home-safety">http://www.nationwideeducation.co.uk/safety-education/home-safety</a></p>
WORD BOX: safe, unsafe, dangerous, liquid, symbol, hazard, alcohol, cigarettes, matches, lighter, risky			

Year 3			
Scheme of Work		Smoking	
Programme of Study	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Core Theme 1: Health and Wellbeing 1. What is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 6. how to make informed choices about health and wellbeing and to recognise sources of help with this 8. to identify different influences on health and wellbeing which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, how to make informed choices what positively and negatively affects their physical, mental and emotional health	Learning Intention To consider smoking and its effects Learning Outcomes To know how smoking affects people To consider why people smoke	Lesson 1 Why People Smoke	Smoking Facts Teacher Guide Traffic Light cards Tobacco pictures No Smoking symbol Balloon People Smoking pictures
	Learning Intention To understand the impact of smoking and passive smoking Learning Outcomes To know some of the effects of smoking on the body To know about passive smoking	Lesson 2 Physical Effects of Smoking	Smoking Facts Teacher Guide Talking Ball Word Storm list from Lesson 1, Activity 4 Body Template No Smoking symbol True / False Quiz Additional Activities Recovery Timeline cards
	Learning Intention To know some strategies to prevent starting smoking Learning Outcomes To know the rules and laws to prevent smoking To be able to make the positive choice not to smoke	Lesson 3 No Smoking	Smoking Facts Teacher Guide Smoking Scenarios Additional Activities <a href="http://gosmokefree.nhs.uk/ways-to-quit/">http://gosmokefree.nhs.uk/ways-to-quit/</a> <a href="http://www.quit.org.uk/">http://www.quit.org.uk/</a> <a href="#">PrimaryResourcePack.pdf</a> <a href="http://ks2.smokesnojoke.org.uk/">http://ks2.smokesnojoke.org.uk/</a>
<b>WORD BOX:</b> smoking, tobacco, cigarette, lung, cough, passive, effect, benefits, law, second hand, quitting, pressure, toxic, chemicals, addictive, vaping			

Year 4			
Scheme of Work		Alcohol	
Programme of Study	Learning Intentions and Learning Outcomes	Lesson Title	Resources
Core Theme 1: Health and Wellbeing 1. What is meant by a healthy lifestyle 2. how to maintain physical, mental and emotional health and wellbeing 6. how to make informed choices about health and wellbeing and to recognise sources of help with this 8. to identify different influences on health and wellbeing which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, how to make informed choices what positively and negatively affects their physical, mental and emotional health	Learning Intention To understand the effect alcohol has on the body Learning Outcomes To know what alcohol is and how it affects the body To understand that everyone will be affected differently by alcohol	Lesson 1 <a href="#">Effects of Alcohol</a>	<a href="#">Alcohol Facts Teacher Guide</a> <a href="#">Talking Ball</a> <a href="#">Drinks Photo cards</a> <a href="#">Under the Influence cards</a> <a href="#">Safer Drinking Chart</a> <a href="#">Differences: True/False quiz</a> <a href="#">Additional Activities</a> <a href="#">Daily Sensible Limits Chart</a>
	Learning Intention To understand the risks related to drinking alcohol Learning Outcome To know there are risks to drinking alcohol	Lesson 2 <a href="#">Alcohol and Risk</a>	Flipchart <a href="#">People Drinking pictures</a> <a href="#">Drinking question sheet</a> <a href="#">Effects of Alcohol cards</a> <a href="#">Keeping Safe story</a>
	Learning Intention To consider how society limits the drinking of alcohol Learning Outcomes To know some laws about drinking alcohol To consider ways of persuading people to drink alcohol sensibly	Lesson 3 <a href="#">Limits to Drinking Alcohol</a>	<a href="#">Alcohol Facts Teacher Guide</a> <a href="#">Talking Ball</a> <a href="#">Alcohol and the Law Quiz</a> <a href="#">Alcohol Awareness Adverts</a>
<b>WORD BOX:</b> alcohol, drink, legal, illegal, unit, volume, media, advertising, choice, vomit, unconscious			

# Scheme of Work

## Legal and Illegal Drugs

Programme of Study	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Core Theme 1: Health and Wellbeing</p> <p>2. how to maintain physical, mental and emotional health and wellbeing</p> <p>6. how to make informed choices about health and wellbeing and to recognise sources of help with this</p> <p>8. to identify different influences on health and wellbeing</p> <p>- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, -to differentiate between the terms 'risk', 'danger' and 'hazard'</p> <p>-that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media</p>	<p><b>Learning Intention</b> To explore a range of legal and illegal drugs, their risks and effects</p> <p><b>Learning Outcomes</b> To know about a range of legal and illegal drugs To have some understanding of the effects and risks of illegal drugs</p>	<p>Lesson 1 <a href="#">Legal and Illegal Drugs</a></p>	<p>Blank pieces of paper Paper for graffiti boards <a href="#">Drugs Facts Teacher Guide</a> <a href="#">Drugs Facts cards</a> <a href="#">Anonymous Questions template</a></p>
	<p><b>Learning Intention</b> To have considered the children's attitudes and beliefs about drug use and drug users</p> <p><b>Learning Outcomes</b> To explore attitudes to drug use To understand that all sorts of people may misuse drugs To challenge myths about drug use</p>	<p>Lesson 2 <a href="#">Attitudes to Drugs</a></p>	<p><a href="#">Drugs Facts Teacher Guide</a> <a href="#">Strongly Agree / Strongly Disagree signs</a> <a href="#">Drugs User Images</a></p>
	<p><b>Learning Intention</b> To have considered strategies to resist drug use</p> <p><b>Learning Outcomes</b> To know a range of skills to resist peer pressure To develop some assertiveness skills</p>	<p>Lesson 3 <a href="#">Peer Pressure</a></p>	<p><a href="#">Diamond Nine cards</a> <a href="#">Pressure Scenarios</a> <a href="#">Drugs Facts cards</a> <a href="#">Drugs Facts Teacher Guide</a></p>

**WORD BOX:** legal, illegal, alcohol, medicine, nicotine, caffeine, solvents, volatile substance, stimulant, depressant, hallucinogen, stereotypes

Year 6			
Scheme of Work		Legal and Illegal Drugs	
Programme of Study	Learning Intentions and Learning Outcomes	Lesson Title	Resources
<p>Core Theme 1: Health and Wellbeing</p> <p>2. how to maintain physical, mental and emotional health and wellbeing</p> <p>6. how to make informed choices about health and wellbeing and to recognise sources of help with this</p> <p>8. to identify different influences on health and wellbeing</p> <p>- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,</p> <p>-to differentiate between the terms 'risk', 'danger' and 'hazard'</p> <p>-that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media</p>	<p>Learning Intention</p> <p>To have considered strategies to resist drug use</p> <p>Learning Outcomes</p> <p>To know a range of skills to resist peer pressure</p> <p>To develop some assertiveness skills</p>	<p>Lesson 3</p> <p>Peer Pressure</p>	<p>Diamond Nine cards</p> <p>Pressure Scenarios</p> <p>Drugs Facts cards</p> <p>Drugs Facts Teacher Guide</p>
<b>WORD BOX:</b> legal, illegal, alcohol, medicine, nicotine, caffeine, solvents, volatile substance, stimulant, depressant, hallucinogen, stereotypes			

