



	YEAR 3 PLANNING	YEAR 4 PLANNING	YEAR 5 PLANNING	YEAR 6 PLANNING
T H E C H I L D R E N W I L L	YEAR 3	YEAR 4	YEAR 5	YEAR 6
	<ul style="list-style-type: none"> learn about the importance of exercise and how it helps your body to stay healthy learn about their heart and lungs, what they do and how they are very important discover facts about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health 	<ul style="list-style-type: none"> Learn about how sugar impacts the teeth, body over time Look at the nutritional value of food 	<ul style="list-style-type: none"> learn how to contact the emergency services when needed investigate how body types are portrayed in the media, social media and celebrity culture learn about eating disorders and people's relationships with food and how this can be linked to negative body image pressures 	<ul style="list-style-type: none"> discuss taking responsibility for their own physical and emotional health and the choices linked to this be taught a range of basic first aid and emergency procedures (including the recovery position) and learn about mental health/illness and that people have different attitudes towards this
	<ul style="list-style-type: none"> respect their own bodies and appreciate what they do take responsibility for keeping themselves and others safe 	<ul style="list-style-type: none"> recognise what it feels like to make a healthy choice 	<ul style="list-style-type: none"> respect and value their own bodies reflect on their own body image and know how important it is that this is positive identify ways to keep themselves calm in an emergency accept and respect themselves for who they are be motivated to keep themselves healthy and happy 	<ul style="list-style-type: none"> be motivated to care for their own physical and emotional health recognise that people have different attitudes towards mental health/illness
	<ul style="list-style-type: none"> learn about different types of drugs, the ones you take to make you better, as well as other drugs 	<ul style="list-style-type: none"> learn about smoking and its effects on health; they do the same with alcohol and then look at the reasons why people might drink or smoke 	<ul style="list-style-type: none"> investigate the risks associated with smoking and how it affects the lungs, liver and heart learn about the risks associated with alcohol misuse 	<ul style="list-style-type: none"> learn about different types of drugs and the effects these can have on people's bodies recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed
	<ul style="list-style-type: none"> identify how they feel about drugs 	<ul style="list-style-type: none"> Identify how they feel about people they know who smoke, drink Think about how they can educate for change 	<ul style="list-style-type: none"> Can make informed decisions about whether or not they choose to smoke when they are older make informed decisions about whether they choose to drink alcohol when they are older 	<ul style="list-style-type: none"> be motivated to find ways to be happy and cope with life's situations without using drugs use different strategies to manage stress and pressure

	<ul style="list-style-type: none"> consider things, places and people that are dangerous and link this to strategies for keeping themselves safe 	<ul style="list-style-type: none"> learn about peer pressure and how to deal with it successfully. look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and what role they play 	<ul style="list-style-type: none"> reflect on their friendships, how different people make them feel and which friends they value the most 	<ul style="list-style-type: none"> learn about exploitation as well as gang culture and the associated risks therein Understand the risk from County Lines as a local concern
	<ul style="list-style-type: none"> express how being anxious or scared feels 	<ul style="list-style-type: none"> identify the feelings that they have about their friends and different friendship groups recognise negative feelings in peer pressure situations identify the feelings of anxiety and fear associated with peer pressure tap into their inner strength and know-how to be assertive recognise how different people and groups they interact with impact on them identify which people they most want to be friends with 	<ul style="list-style-type: none"> recognise strategies for resisting pressure 	<ul style="list-style-type: none"> suggest strategies someone could use to avoid being pressured identify ways that someone who is being exploited could help themselves

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
T A U G H T	<ul style="list-style-type: none"> Know how exercise affects their bodies Know that the amount of calories, fat and sugar that they put into their bodies will affect their health Know why their hearts and lungs are such important organs Know a range of strategies to keep themselves safe Know that their bodies are complex and need taking care of 	<ul style="list-style-type: none"> Know how to make choices that benefit their own health and well-being 	<ul style="list-style-type: none"> Know that the media, social media and celebrity culture promotes certain body types Know what makes a healthy lifestyle Know the different roles food can play in people's lives and know that people can develop eating problems /disorders related to body image pressure 	<ul style="list-style-type: none"> Know basic emergency procedures, including the recovery position Know how to take responsibility for their own health Know what it means to be emotionally well Know how to make choices that benefit their own health and well-being
K N O W L E	<ul style="list-style-type: none"> Know that there are different types of drugs 	<ul style="list-style-type: none"> Know some of the reasons some people start to smoke Know some of the reasons some people drink alcohol Know the facts about smoking and its effects on health Know the facts about alcohol and its effects on health, particularly the liver 	<ul style="list-style-type: none"> Know the health risks of smoking Know how smoking tobacco affects the lungs, liver and heart Know some of the risks linked to misusing alcohol, including antisocial behaviour 	<ul style="list-style-type: none"> Know about different types of drugs and their uses Know how these different types of drugs can affect people's bodies, especially their liver and heart Know that stress can be triggered by a range of things Know that being stressed can cause drug and alcohol misuse

D G E	<ul style="list-style-type: none"> • Know that there are things, places and people that can be dangerous • Know when something feels safe or unsafe 	<ul style="list-style-type: none"> • Know which friends they value most • Know that they can take on different roles according to the situation • Know how different friendship groups are formed and how they fit into them • Know that there are leaders and followers in groups • Know ways to resist when people are putting pressure on them 	<ul style="list-style-type: none"> • Know to get help in emergency situations • Know what they think is right and wrong 	<ul style="list-style-type: none"> • Know that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risk that this can involve • Understand the risk from County Lines as a local concern
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British Values related to: Mutual Respect Rule of Law

9 Protected Characteristics related to: Gender Sexual orientation Religion / Belief