

YEAR 1 AUTUMN

RED indicates resources that have been added/amended (August 2021). All resources can be downloaded from <https://my.uso.im>

HEALTH EDUCATION					
1	2 HEALTH & PREVENTION	HEALTH & PREVENTION	4 HEALTHY EATING	5 HEALTHY EATING	6 HEALTH & PREVENTION
To set a goal	To understand how to keep teeth healthy	To understand how teeth change as we grow up	To understand the importance of food	To discuss a variety of food	To understand some basic hygiene principles

HEALTH EDUCATION		RELATIONSHIPS EDUCATION	HEALTH EDUCATION		
7 HEALTH & PREVENTION	8	9 RESPECTFUL RELATIONSHIPS	10 MENTAL WELLBEING	11 MENTAL WELLBEING	12 MENTAL WELLBEING
VACCINATION LESSON Pupils learn about how germs are spread, how we can prevent them spreading and people who help us stay healthy and well *	To understand why voting is important.	To be able to identify different behaviours which might be bullying	To identify a range of emotions	To understand and recognise positive and difficult emotions.	To increase understanding and recognition of a variety of feelings and have some strategies to help others feel more positively

*Can be delivered any time during the Key Stage

YEAR 2 AUTUMN

All resources can be downloaded from <https://my.uso.im>

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTHY EATING	5 DRUGS, ALCOHOL & TOBACCO	6 DRUGS, ALCOHOL & TOBACCO
To set a goal	To identify healthy snack options.	To be able to recognise and name and the 5 groups from the Eatwell plate	To understand the benefits of eating at least 5 portions of fruit and vegetables.	To learn why medicines are taken	To learn where medicines come from

HEALTH EDUCATION	RELATIONSHIPS EDUCATION				
7 DRUGS, ALCOHOL & TOBACCO	8	9 CARING FRIENDSHIPS	10 CARING FRIENDSHIPS	11 CARING FRIENDSHIPS	12 CARING FRIENDSHIPS
To learn how to stay safe around medicines	To understand how the UK parliament is formed.	To identify what bullying is and how it makes people feel.	To understand conflict	To explain what to do when conflict escalates.	To explain how to resolve conflict

YEAR 3 AUTUMN

All resources can be downloaded from <https://my.uso.im>

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 MENTAL WELLBEING	5 MENTAL WELLBEING	6 MENTAL WELLBEING
To set a goal	To understand what food groups make up meals.	To explain how food choices can contribute to tooth	To learn about the different feelings and emotions people experience; how feelings and emotions change and what helps people to feel good	Learn about ways of expressing feelings and emotions and why this is important	Learn about managing feelings and emotions in different situations Learn about getting help, advice and support with feelings and emotions

HEALTH EDUCATION			RELATIONSHIPS EDUCATION		
7. BEING SAFE	8. BEING SAFE	9. BEING SAFE	10. RESPECTFUL RELATIONSHIPS	11. CARING RELATIONSHIPS	12. CARING RELATIONSHIPS
To explain how to keep safe when walking on roads Moved from Spring term	To explain how to keep safe when walking on roads Moved from Spring term	To learn how to be safe on dark roads New lesson	ANTIBULLYING WEEK To developing an awareness and definition of bullying and unkindness.	To explore ways of resolving conflict.	To explore ways of resolving conflict.

YEAR 4 AUTUMN

RED indicates resources that have been added/amended (August 2021). All resources can be downloaded from <https://my.uso.im>

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTH & PREVENTION /DRUGS, ALCOHOL & TOBACCO	5 DRUGS, ALCOHOL & TOBACCO	6 DRUGS, ALCOHOL & TOBACCO
To set a goal	To understand that food gives us energy	To understand the importance of nutrients	Asthma Lesson: Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use	To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them	To learn about the effects and risks of drinking alcohol

HEALTH EDUCATION		RELATIONSHIPS EDUCATION	HEALTH EDUCATION	
7 DRUGS, ALCOHOL & TOBACCO	8	9 RESPECTFUL RELATIONSHIPS	10 HEALTH & PREVENTION	11 HEALTH & PREVENTION
To learn about different patterns of behaviour that are related to drug use	To explain the importance of asking questions.	To developing an awareness of the role of victims, bullies, and bystanders.	Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection	Learn that infection can spread through sneezing and coughing Understand that covering the mouth when sneezing can prevent the spread of infection

YEAR 5 AUTUMN

All resources can be downloaded from <https://my.uso.im>

HEALTH EDUCATION					
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTHY EATING	5 HEALTHY EATING	6 HEALTHY EATING
To set a goal	To review a day's menu and provide feedback on how it can be improved	To explain the function of nutrients and fibre	To explain the reasons it is important to keep hydrated.	To explain that different types and portions of foods and drinks provide different amounts of energy.	To identify and interpret information on food labels.

HEALTH EDUCATION	RELATIONSHIPS EDUCATION			HEALTH EDUCATION	
7 MENTAL WELLBEING	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11 BASIC FIRST AID	12 BASIC FIRST AID
Learn how to talk about mental health & wellbeing Know who can help us and how to ask for help Know the difference between a big and a small feeling Learn how to be a good listener	To explore the concept of fairness and how people decide what is fair and unfair.	Anti-bullying Week	To explore how and why people are excluded	Understand what first aid is Learn first aid skills Feel able to help someone who needs first aid How to help someone with a burn	Understand what first aid is Learn first aid skills Feel able to help someone who needs first aid Know how to make an emergency call A How to help someone with head injury OR B How to help someone who is bleeding a lot

YEAR 6 AUTUMN

RED indicates resources that have been added/amended (August 2021). All resources can be downloaded from <https://my.uso.im>

	HEALTH EDUCATION				
1	2 PHYSICAL HEALTH AND FITNESS/HEALTHY EATING	3 PHYSICAL HEALTH AND FITNESS	4 DRUGS, ALCOHOL & TOBACCO	5 DRUGS, ALCOHOL & TOBACCO	6 DRUGS, ALCOHOL & TOBACCO
To set a goal	To recap how to keep ourselves healthy	To explain some of the health benefits of being active.	To learn about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs	To learn about assessing the level of risk in different situations involving drug use	To learn about ways to manage risk in situations involving drug use

HEALTH EDUCATION		RELATIONSHIPS EDUCATION			HEALTH EDUCATION
7 MENTAL WELLBEING	8	9 RESPECTFUL RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS	11 RESPECTFUL RELATIONSHIPS	12 INTERNET SAFETY & HARMS
To learn how to talk about mental health and wellbeing To know who can help us and how to ask for help To know the difference between a big and a small feeling To learn how to be a good listener	To understand how a parliamentary debate takes place in the House of Commons.	ANTI-BULLYING WEEK	To learn what is meant by privilege	To understand what trust means when online	To know what to do if they have any concerns about something they experience online

**RELATIONSHIPS
EDUCATION**

13 RESPECTFUL RELATIONSHIPS

13B To understand the concept of appearance ideals

ALTERNATIVE LESSON

13B My Hair My Crown

To learn to identify and critically evaluate current hair beauty stereotypes. Consider the effects of media and social media on their hair attitudes and beliefs.

Consider the relationship between hair appearance pressures & bullying

