

	Heartsmart/additional PHSE lessons.	Science links to RSE and well-being	PE links to well-being
F2	<ul style="list-style-type: none"> <li>• Learning rules and routines of school linked to school values.</li> <li>• Making new friends/ friendship and inclusion.</li> <li>• Feelings and emotion</li> <li>• Diversity and inclusion, being themselves; truthful and honest</li> <li>• All about me. I am special/ I am loved</li> <li>• Teamwork; taking turns, understanding right, wrong and fair, use of kind actions and words and to say sorry</li> <li>• Families are important and different.</li> <li>• Transition to year one thoughts, feelings, emotions.</li> <li>• Special things and people.</li> <li>• People who help us. Thankful for our homes, families and school, including the people in them.</li> </ul>	<ul style="list-style-type: none"> <li>• Senses; practically</li> <li>• Healthy food/brushing of teeth</li> <li>• Developing independent skills; dressing washing</li> <li>• Healthy lifestyle choices</li> </ul>	<p>Start to develop basic fundamental skills such as running, catching, jumping. Safely use space and equipment following instructions.</p>

Year 1	<ul style="list-style-type: none"> <li>• Feelings</li> <li>• Healthy choices/taking care of me/teeth</li> <li>• Appropriate and inappropriate touch</li> <li>• Saving money- appreciation of what is bought</li> <li>• Online safety</li> <li>• People who take care of us</li> <li>• Behaviour; effecting others</li> <li>• Being themselves</li> <li>• Secrets</li> <li>• Talents and abilities</li> <li>• Likes, dislikes and choices</li> <li>• Memories, moving home, favourite toy, loss of someone/pet</li> <li>• Prepare moving to a new class (H27).</li> </ul>	<ul style="list-style-type: none"> <li>• Identify, name, draw and label the basic human body parts, including genital parts. Say what part of the body is associated with each sense. (H25)</li> <li>• Basic needs of animals and humans (food, water, air). (L2)</li> <li>• Risk in every day situations and what actions to take to minimise harm (H29).</li> <li>• How to keep safe at home; electricity and fire safety (H30).</li> <li>• Ways to keep safe in familiar/unfamiliar environments i.e. beach, park, swimming pool, street (H32). Link to R15 adults they don't know.</li> </ul>	Consolidate and develop additional fundamental skills. Applying skills appropriately. Why is it important to be active? Making positive choices for learning.
Year 2	<ul style="list-style-type: none"> <li>• Feelings</li> <li>• Families; diversity-two mums, two dads</li> <li>• Healthy food, exercise</li> <li>• Uniqueness- same and differences</li> <li>• Thankfulness and kindness-manners</li> <li>• Community-every day heroes</li> <li>• Online/playground safety</li> <li>• Dealing with hurt-forgiveness, disappointment</li> </ul>	<ul style="list-style-type: none"> <li>• Offspring that grow into adults.</li> <li>• Identify how humans resemble parents.</li> <li>• Notice that animals, including humans, have offspring which grow into adults. (H26)</li> <li>• Find out about and describe the basic needs of animals, including humans, for survival (water, food and air). (L2)</li> <li>• Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. (L2)</li> <li>• House hold products can be harmful if not used correctly (H31).</li> <li>• About things that people can put into their body or on their skin and how these can affect how people feel (H37).</li> </ul>	Mastery of fundamental skills. Improved decision making. Warming up and how the heart works. Working effectively as part of a team.

	<ul style="list-style-type: none"> <li>• Bullying</li> <li>• Sun safety</li> <li>• Prepare moving to a new class (H27).</li> </ul>		
Year 3	<ul style="list-style-type: none"> <li>• Emergency aid</li> <li>• Secrets</li> <li>• Healthy food</li> <li>• Personal information-keeping safe</li> <li>• Stereotypes</li> <li>• Photo distortion-self image</li> <li>• Appropriate and inappropriate touch</li> <li>• Allergies and medication</li> <li>• Feelings-grateful. Kindness, shame, managing change</li> <li>• People make spending decisions based on needs, priorities and wants (L20).</li> <li>• Strategies to manage transitions between classes and key stages (H36).</li> </ul>	<ul style="list-style-type: none"> <li>• Identify how plants and humans resemble parents in many ways.</li> <li>• The difference from a baby to now.</li> <li>• They get nutrition from what they eat.</li> <li>• Identify that humans and some other animals have skeletons and muscles for support, protection and movement.</li> </ul>	<p>Developing variations of different skills and applying on new contexts.</p> <p>Understand how the body changes when active.</p> <p>Developing greater resilience.</p>
Year 4	<ul style="list-style-type: none"> <li>• Appearance</li> <li>• Cleanliness-bacteria</li> <li>• Community heroes-police, ambulance</li> <li>• Safe use of devices-online safety</li> <li>• Friendships</li> <li>• Trolling/cyber bullying</li> <li>• Smoking</li> </ul>	<ul style="list-style-type: none"> <li>• Puberty; change in me! Science lessons providing knowledge on puberty will need to be taught before the Heartsmart lesson (look at Heartsmart lesson to check the depth of the teaching and learning required to access Heartsmart lesson). Use Lil-lets teen DVD; Intro, Chapter 1-2. Girls will watch chapters 3 and 4-menstruation.</li> <li>• Cleanliness with change in me. BO, spots, oily hair, showering daily, clean underwear.</li> <li>• Cleanliness <a href="https://www.youtube.com/watch?v=jQ2e0KH5Wrl">https://www.youtube.com/watch?v=jQ2e0KH5Wrl</a></li> </ul>	<p>Improved stamina, strength and general physical fitness. Self-reflection and improving. What is respect in PE and sport? Knowledge of links between nutrition and exercise.</p>

	<ul style="list-style-type: none"> <li>• Puberty-changing me</li> <li>• Feelings</li> <li>• Different ways to keep track of money (L21).</li> <li>• Strategies to manage transitions between classes and key stages (H36).</li> </ul>	<p>Ch 1  <a href="https://www.youtube.com/watch?v=EcrWOOZHeF0&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=1">https://www.youtube.com/watch?v=EcrWOOZHeF0&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=1</a></p> <p>Ch 2  <a href="https://www.youtube.com/watch?v=Q0DIYXgCGA&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=2">https://www.youtube.com/watch?v=Q0DIYXgCGA&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=2</a></p> <p>Ch3  <a href="https://www.youtube.com/watch?v=MkdjUzL4GXA&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=3">https://www.youtube.com/watch?v=MkdjUzL4GXA&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=3</a></p> <p>Ch 4  <a href="https://www.youtube.com/watch?v=yZCt3McOyTM&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=4">https://www.youtube.com/watch?v=yZCt3McOyTM&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=4</a></p> <ul style="list-style-type: none"> <li>• Describe the simple functions of the basic parts of the digestive system in humans.</li> </ul>	
Year 5	<ul style="list-style-type: none"> <li>• Age ratings-films, games, Youtube</li> <li>• Health-sleep</li> <li>• Different pressured scenarios, unrealistic images</li> <li>• Budget-money</li> <li>• Feeling lonely, anger/strategies</li> <li>• Helping others-charity, research, donating, raise awareness</li> <li>• Online safety</li> <li>• Dealing with conflict</li> <li>• Bullying</li> <li>• Menstrual cycle</li> <li>• Alcohol use</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the life process of reproduction in some plants and animals, as well as humans- from embryo DNA, seed of both parents.</li> <li>• Revisit puberty growing up. Girls; Menstrual. Boys; wet dreams and erections. Lil-lets teen DVD Boys; Intro, Chapter 1, 2 and 5. Girls Intro, Chapter 1,2,3 and 4.</li> </ul> <p>Web links from Y4 plus;</p> <p>Ch 5  <a href="https://www.youtube.com/watch?v=kTLYviyAfa0&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=5">https://www.youtube.com/watch?v=kTLYviyAfa0&amp;list=PLoBBOQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=5</a></p>	<p>Ability to transfer skills to new games and sports. The links between physical activity and mental well-being. What does equality look like in PE and sport?</p>

	<ul style="list-style-type: none"> <li>• The ways that money can impact people's feelings and emotions (L24).</li> <li>• That there are a broad range of jobs/careers and people can often have more than job title/career in their life (L26).</li> <li>• What might influence decisions about a job or career (L28).</li> <li>• Some jobs are paid more and might influence and choose to do voluntary work which is unpaid (L29).</li> <li>• Strategies to manage transitions between classes and key stages (H36).</li> </ul>		
Year 6	<ul style="list-style-type: none"> <li>• Secrets</li> <li>• Commitment/marriage-LGBTQ + link</li> <li>• Healthy food-food groups, plan healthy meal</li> <li>• Money, value-each of us are incredibly valuable no matter what is spent on us</li> <li>• Illness</li> <li>• Respecting all our differences</li> <li>• Grateful of generations before them-equality, war heroes</li> <li>• Friendships. Conflicts and disputes-forgiveness</li> </ul>	<ul style="list-style-type: none"> <li>• Changes as humans develop to old age- body changes, learn about the opposite gender (revisit puberty and periods). Lil-lets DVD watch all chapters separately. Come together following week to answer questions from an anonymous question box.</li> <li>• Web links from Y4/5 plus; Ch 6 <a href="https://www.youtube.com/watch?v=USPjVeDgO88&amp;list=PLoBQQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=6">https://www.youtube.com/watch?v=USPjVeDgO88&amp;list=PLoBQQgFRfj0mBdFD2Wdu-ZhDr0mZeBrs3&amp;index=6</a></li> <li>• Identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood.</li> <li>• Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function.</li> <li>• Describe the ways in which nutrients and water are transported within animals, including humans.</li> </ul>	<p>Responsibility and different roles within a team/lesson. Role of physical activity in leading a healthy life style. Awareness of others and communicating.</p>

	<ul style="list-style-type: none"> <li>• Social media</li> <li>• Body language and online pretence</li> <li>• Bullying</li> <li>• Vaccinations prevent illness</li> <li>• Legal/illegal substances</li> <li>• Out of comfort zone- transition, loss, separation, divorce, bereavement, risk-danger/hazards</li> <li>• Adolescence-brain remodelling, feelings</li> <li>• Risks associated with money (won, lost and stolen) and how to keep it safe (L22).</li> <li>• The risk of gambling and the impact on health and well being and future aspirations (L23).</li> <li>• Some of the skills that will help them in their future careers (L30).</li> <li>• Identify the type of job they may like to do when older (L31).</li> <li>• Recognise a variety of routes into careers (college, apprenticeship, university) (L32).</li> <li>• Recognise reasons for rules and laws; consequences of not adhering to rules and laws (L1) British values.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.</li> </ul>	
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	<ul style="list-style-type: none"><li>Strategies to manage transitions between classes and key stages (H36).</li></ul>		
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