Health and Relationships Education - T1 How can we be a good friend?

What do we already know?

- What do we already Know?

 Topic Page Prior knowledge, What do
 we already know? What questions do
 - we have?



Books

Iced out by C K Smouha

Dave the Lonely Monster by Anna Kemp
The Uncorker of Ocean Bottles by
Michelle Curvas

Why is friendship important?

How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded.

What is loneliness?

how to recognise if others are feeling lonely and excluded and strategies to include them





how to build good friendships, including identifying qualities that contribute to positive friendships



What to do when it goes wrong?

that friendships sometimes have difficulties and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences





How to ask for support?

how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support



What do we know now - how can we

use it? The purpose



Health and Relationships Education - T2 - What makes a community?

What do we already know?

- What do we already Know?
 - Topic Page Prior knowledge,
 What do we already know? What questions do we have?

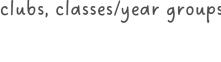


Books

We are all born free The Universal declaration of Human Rights - Amnesty International Dreams of Freedom Amnesty International We are all Wonders R J Palacio
The Smeds and the Snoos by Julia Donaldosn Tough Guys have feelings too



How they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups





What is meant by a diverse community; how different groups make up the wider/local community around the school



How the community helps everyone to feel included and values the different contributions that people make





Do we all think the same way?

how to be respectful towards people who may live differently to them

what do we know now - how can we use it? The purpose

How can we encourage others to care about our communities?



Health and Relationships Education - T3 - What keeps us safe?

What do we already know?

Topic Page - Prior knowledge . What do we already know? What questions do we have?



What are hazards?

How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe e.ghow to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers



that their body belongs to them and should not be hurt or touched without their permission; what to do

and who to tell if they feel uncomfortable



What does being put under pressure mean?

How can recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)



How do we stay safe?

How do everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)



How can we help in an emergency?

How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns What to do in an emergency, including calling for help and speaking to the emergency services



What do we know now - how can we use it? The purpose



Health and Relationships Education - T4 What are families like?

What do we already know?

What do we already Know?

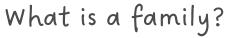
Topic Page Prior knowledge, What do we already know? What questions a we have?



Books

The Smeds and the Smoos by Julia Donaldsor I don't have your eyes (Oos)

The most precious present in the world All Kinds of Families by Sophy Henn



How are families different from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents



What makes a family?

Common features of positive family life often include shared experiences, e.g. spending time together, sharing hobbies, celebrations, special days or





How do people show they care?

How do people within families care for each other and the different ways they demonstrate this





How to ask for support?

How to ask for help or advice if family elationships are making them feel unhappy, worried or unsafe



What do we know now - how can we use it? The purpose





Health and Relationships Education - T5 - Why should we eat well and look after our teeth?

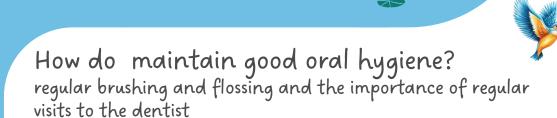
What do we already know?

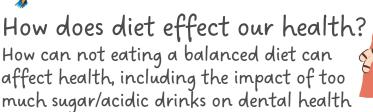
Topic Page - Prior knowledge , What do we already know? What questions do we have?



What foods help us grow and stay healthy?

how to eat a healthy diet and the benefits of nutritionally rich foods

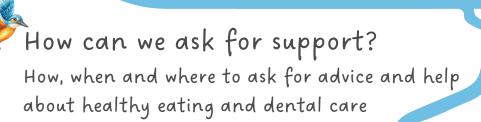








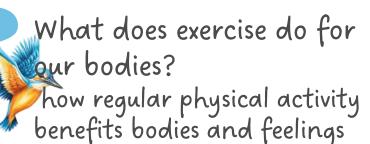
How do we make choices? ow people make choices about what to eat and drink, including who or what influence these



Health and Relationships Education - T6 - Why should we keep active and sleep well?

What do we already know?

Topic Page - Prior knowledge, What do we already know? What questions do we have



How do healthy? How to be active on a daily and weekly basis How to balance time online with other activities

How to make choices about exercise?

How to make choices about physical activity, including what and who influences decisions how the lack of physical activity can affect health and wellbeing

How lack of sleep can affect the board and mood and simple routines the support good quality sleep



How can we make a difference?
There are different ways to learn
and play
Taking rest breaks from screen time

What can we do if we are worried?
how to seek support in relation to
physical activity, sleep and rest and
who to talk to if they are worried