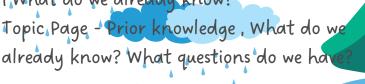
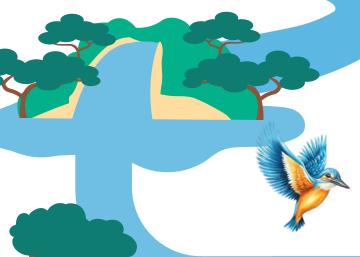
Health and Relationships Education - T1 What makes a good friend?

F.What do we already know?





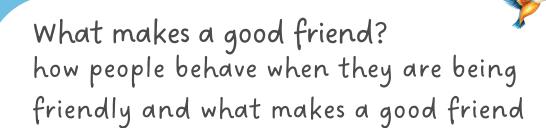
What are friends? What does being a friend mean? How to make friends with others

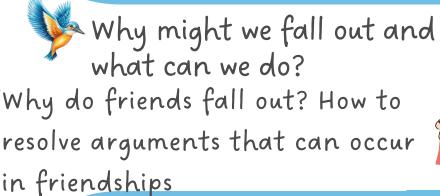


how to recognise when they feel lonely and



what they could do about it









How can we get support if we need it?

How to ask for help if a friendship is making them unhappy



How can we show what we have learned? Present information gained



Health and Relationships Education - T2 What is bullying?

FWhat do we already know?

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



How should we behave? What is kind and unkind behaviour, and how this can affect others.



How to treat themselves and others with respect; how to be polite and courteous. How to listen to other people and play and work cooperatively recognise the ways in which they are the same and different to others



What is bullying? Why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable. What is the difference between falling out and bullying? STOP

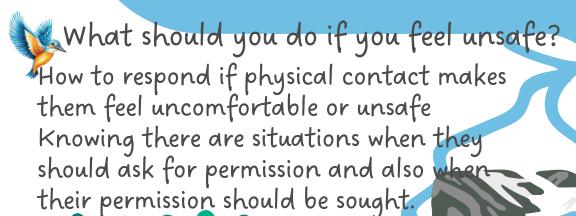


How would bullying make you feel? How people may feel if they experience hurtful behaviour or bullying



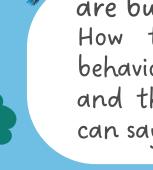
What should you do if you see bullying or are bullied?

How to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so; that people can say hurtful things online



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

How can we show what we have learned?









Health and Relationships Education - T3 How do we recognise our feelings?

F.What do we already know?

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





Book

Storm Goliath by James Sellick & Craig Shuttlewood The Friendship Bench by Wendy Meddour & Daniel Egneus

When I See Red by Britta Teckentrup My Heart is a Poem by Various authors & Various illustrators

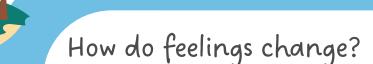
When Sadness Comes to Call by Eva Eland
Why Do I Feel Like This? By Shinsuke Yoshitake
The Worry Jar by Lou John & Jenny Bloomfield



Recognise, name and describe a range of feelings







How different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on a new class/year group)



How do feelings affect our bodies and behaviour?

How feelings can affect people in their bodies and their behaviour





How to ask for support if we need it

How to manage big feelings and the importance of
sharing their feelings with someone they trust how
to recognise when they might need help with
feelings and how to ask for help when they need it



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

How can we show what we have learned?





Health and Relationships Education - T4 How do we keep ourselves safe? Online safety unit in Computing this term

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



How not everything they see online is true or trustworthy and that people can pretend to be someone they are not, password safety



Why do we have rules and how do they keep us safe? What rules do we have at home? medicines/household products.

How can we spot danger?

how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, and take steps to avoid or remove themselves from them.

Canal safety, recap road safety.

Trusted Adults

How to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets





Fire safety

Visit in from Fire brigade if possible

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

How can we show what we have learned?



Health and Relationships Education - T5 - How can we look after the World?

What do we already know?

What do we already know? Topic Page

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



- the responsibilities they have in and out of the classroom
- what can harm the local and global environment; how they and others can help care for it

What is responsibility?

Why do we need to be aware? What is happening? Why should children do aything>





What can harm the local environment; how they and others can help care for itOmar the bees and me, the girl who planted trees

The Last wolf. Tidy by Emily Gravett



Looking after the Earth

What can harm the global environment; how they and others can help care for it. There's a ran tang in my bedroom - James Sellick.

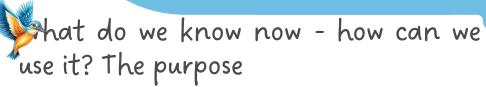




How can we make a difference?

<u>Clean Up!</u> Speak up! Nathan Bryon & Dapo Adeola

How to Change the world - The tree planter of Piplantri



How can we encourage others to care abuut our environment?



Health and Relationships Education - T6 - How do we grow and

keep ourselves healthy?

What do we already know?

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



What do we already know?



What different things help their bodies to be healthy, including food and drink. Food groups, treat foods.



Why are sugary foods considered treat foods?

Eating and drinking too much sugar can affect health, including dental health



Why are rest and exercise important?

Physical activities Rest and sleep



How can we make a difference? There are different ways to learn and play

Taking rest breaks from screen time



Why is sunshine important to our bodies?

How sunshine helps bodies to grow.

How to keep safe and well in the sun

