

Learning Flow

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

What do we already know?

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

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

What is being lonely?

how to recognise when they feel lonely and what they could do about it

What makes a good friend?
how people behave when they are being friendly and what makes a good friend

Why might we fall out and what can we do?

Why do friends fall out? How to resolve arguments that can occur in friendships

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

Learning Flow

Health and Relationships Education - T2 What is bullying?

What 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 should we behave?

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 should you do if you feel unsafe?

How to respond if physical contact makes them feel uncomfortable or unsafe
Knowing there are situations when they should ask for permission and also when their permission should be sought.

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

How can we show what we have learned?

Learning Flow

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

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

What are feelings?

Recognise, name and describe a range of feelings

How do feelings change?

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?

Learning Flow

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?

What do we already know?

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

Rules for 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?

Learning Flow

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 anything?

Looking after our local area

What can harm the local environment; how they and others can help care for it
Omar 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?

Clean Up! Speak up! Nathan Bryon & Dapo Adeola

How to Change the world - The tree planter of Piplantri

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

How can we encourage others to care about our environment?

Learning Flow

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 foods help us grow and stay healthy?

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

