

Healthy (body) Value Schedule of Lessons

Nursery	
Growing and Changes in Nature	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Describe seasonal changes ● Use key vocabulary relating to natural change, e.g. weather, seasons, cold, hot ● Describe the life cycle of an animal eg frog, chicken
When I was a baby	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Share their own experiences and listen to those of the others eg talk about things and experiences they remember before they started at Turtles
Girls and Boys	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Talk about the similarities and differences between the boys and girls ● Play with everyone in FSU
People who keep me safe	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise potential dangers and how to stay safe, inside and outside ● Explain what they should do if they feel unsafe

RECEPTION	
Seasons	<p>By the end of FSU children will be able to:</p> <ul style="list-style-type: none"> ● Name the different seasons and describe their differences. ● Explain the changes that occur as seasons change. ● Talk about how they have grown in resilience.
Life stages: Plants, animals and humans	<p>By the end of FSU children will be able to:</p> <ul style="list-style-type: none"> ● To understand that animals and humans change in appearance over time.

	<ul style="list-style-type: none"> ● Use relevant vocabulary such as egg, seed, baby, grow, change, old, young in relation to the life cycles of animals and plants (and the names for young animals). ● Make observations and ask questions about living things. ● Talk about their own experience of growing up ● Talk about how they have changed as they have grown
We are all different	<p>By the end of FSU children will be able to:</p> <ul style="list-style-type: none"> ● Understand that every family is different. ● Talk about similarities and differences between themselves and others. ● Understand that we are all unique
Me and my body	<p>By the end of FSU children will be able to:</p> <ul style="list-style-type: none"> ● Name parts of the body using the correct vocabulary. ● Explain which parts of their body are kept private and safe and why eg through the story ‘Dinosaurs love underpants’ ● Tell or ask an appropriate adult for help if they feel unsafe.
Keeping myself safe	<p>By the end of FSU children will be able to:</p> <ul style="list-style-type: none"> ● Talk about how to keep their bodies healthy and safe. ● Know how to stay safe in their home, classroom and outside. ● Know age-appropriate ways to stay safe online - E-safety talk about being kind in person and online ● Name adults in their lives and those in their community who keep them safe.

YEAR 1	
<p>First aid -paramedic and nurse visit</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know how to call for help in an emergency
<p>NSPCC (current) KS1 assembly video and lesson</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know who they can speak to should they feel unsafe

<p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	
<p>Who can help</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise emotions and physical feelings associated with feeling unsafe; ● Identify people who can help them when they feel unsafe.
<p>Good or bad touches</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Understand and learn the PANTS rules; ● Name and know which parts should be private; ● Explain the difference between appropriate and inappropriate touch; ● Understand that they have the right to say “no” to unwanted touch; ● Start thinking about who they trust and who they can ask for help.
<p>What could Harold do?</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Understand that medicines can sometimes make people feel better when they're ill; ● Explain simple issues of safety and responsibility about medicines and their use
<p>Super sleep</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise the importance of sleep in maintaining a healthy, balanced lifestyle; ● Identify simple bedtime routines that promote healthy sleep

<p>YEAR 2</p>	
<p>First aid -paramedic and nurse visit</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know how to call for help in an emergency

<p>NSPCC (current) KS1 assembly video and lesson</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know who they can speak to should they feel unsafe
<p>I don't like that</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise that body language and facial expression can give clues as to how comfortable and safe someone feels in a situation; ● Identify the types of touch they like and do not like; ● Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.
<p>Fun or not?</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise that some touches are not fun and can hurt or be upsetting; ● Know that they can ask someone to stop touching them; ● Identify who they can talk to if someone touches them in a way that makes them feel uncomfortable.
<p>My body, your body</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify which parts of the human body are private; ● Explain that a person's genitals help them to make babies when they are grown up; ● Understand that humans mostly have the same body parts but that they can look different from person to person
<p>Some secrets should never be kept</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify how inappropriate touch can make someone feel; ● Understand that there are unsafe secrets and secrets that are nice surprises; ● Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop

YEAR 3

<p>Basic First Aid St John ambulance lesson plans – asthma attack</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify a casualty who is having an asthma attack ● Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack ● Understand when to seek medical help for a casualty who is choking
<p>NSPCC (current) KS2 assembly video and lesson</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know who they can speak to should they feel unsafe
<p>Body space</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Understand what is meant by the term body space (or personal space); ● Identify when it is appropriate or inappropriate to allow someone into their body space; ● Rehearse strategies for when someone is inappropriately in their body space.
<p>My changing body</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise that babies come from the joining of an egg and sperm; ● Explain what happens when an egg doesn't meet a sperm; ● Understand that for girls, periods are a normal part of puberty.
<p>Help or harm?</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Understand that medicines are drugs and suggest ways that they can be helpful or harmful
<p>Alcohol and cigarettes: the facts</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify some key risks from and effects of cigarettes and alcohol;

Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum	<ul style="list-style-type: none"> ● Know that most people choose not to smoke cigarettes; (Social Norms message) ● Define the word 'drug' and understand that nicotine and alcohol are both drugs
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YEAR 4

<p>Basic First Aid St John ambulance lesson plans – bites and stings</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Ensure the safety of them and others ● Assess a casualty's condition calmly and identify an allergic reaction to a bite or sting ● Comfort and reassure a casualty who has been bitten or stung ● Seek medical help if required for a choking casualty
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<p>NSPCC (current) KS2 assembly video and lesson</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know who they can speak to should they feel unsafe
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<p>My feelings are all over the place!</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Name some positive and negative feelings; ● Understand how the onset of puberty can have emotional as well as physical impact ● Suggest reasons why young people sometimes fall out with their parents; ● Take part in a role play practising how to compromise.
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<p>All change!</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify parts of the body that males and females have in common and those that are different; ● Know the correct terminology for their genitalia; ● Understand and explain why puberty happens
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<p>Preparing for changes at puberty</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know the key facts of the menstrual cycle; ● Understand that periods are a normal part of puberty for girls; ● Identify some of the ways to cope with wet dreams and periods
<p>Together</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Understand that marriage is a commitment to be entered into freely and not against someone's will; ● Recognise that marriage includes same sex and opposite sex partners; ● Know the legal age for marriage in England or Scotland; ● Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony

<p>YEAR 5</p>	
<p>First aid -paramedic and nurse visit basic life support</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Administer basic life support in the case of an emergency
<p>NSPCC (current) KS2 assembly video and lesson</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know who they can speak to should they feel unsafe
<p>Growing up and changing bodies</p> <p>Statutory - DfE Relationships</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify some products (eg deodorant, period products) that they may need during puberty and why;

<p>Education, Sex Education & Health Education and science curriculum</p> <p>Lesson plan PDF available</p>	<ul style="list-style-type: none"> ● Know what menstruation is and why it happens
<p>Changing bodies and feelings</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know the correct words for the external sexual organs; ● Discuss some of the myths associated with puberty
<p>Help! I'm a teenager get me out of here</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and computing curriculum</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise how our body feels when we're relaxed; ● List some of the ways our body feels when it is nervous or sad; ● Describe and/or demonstrate how to be resilient in order to find someone who will listen to you
<p>Would you risk it?</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify risk factors in a given situation (involving smoking) and consider outcomes of risk taking in this situation, including emotional risks; ● Understand the actual norms around smoking/alcohol and the reasons for common misperceptions of these

<p>YEAR 6</p>	
<p>Basic First Aid</p> <p>St John ambulance lesson plans - choking</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Recognise when someone is choking ● Administer ● Seek medical help if required for a choking casualty

<p>NSPCC (current) KS2 assembly video and lesson</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Know who they can speak to should they feel unsafe
<p>Is this normal?</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education n and science curriculum</p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it; ● Suggest strategies that would help someone who felt challenged by the changes in puberty; ● Know where someone could get support if they were concerned about their own or another person's safety, including criminal activity
<p>Making babies</p> <p><i>(Non-statutory and parents have the right to withdraw children)</i></p> <p>Lesson plan PDF available</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Identify the changes that happen through puberty to allow sexual reproduction to occur; ● Know a variety of ways in which the sperm can fertilise the egg to create a baby; ● Know the legal age of consent and what it means
<p>Drugs: it's the law</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Understand some of the basic laws in relation to drugs; ● Explain why there are laws relating to drugs in this country
<p>Alcohol: what is normal?</p> <p>Statutory - DfE Relationships Education, Sex Education & Health Education</p>	<p>Children will be able to:</p> <ul style="list-style-type: none"> ● Understand the actual norms around drinking alcohol and the reasons for common misperceptions of these; ● Describe some of the effects and risks of drinking alcohol.