Healthy (body) Value Schedule of Lessons

Nursery	
Growing and Changes in Nature	Children will be able to: ● 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	Children will be able to: ● 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	Children will be able to: ● Talk about the similarities and differences between the boys and girls ● Play with everyone in FSU
People who keep me safe	Children will be able to: ● Recognise potential dangers and how to stay safe, inside and outside ● Explain what they should do if they feel unsafe

RECEPTION	
Seasons	By the end of FSU children will be able to: ● 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	By the end of FSU children will be able to: ● To understand that animals and humans change in appearance over time.

	● 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	By the end of FSU children will be able to: ● 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	By the end of FSU children will be able to: ● 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 'Aliens love underpants' ● Tell or ask an appropriate adult for help if they feel unsafe.
Keeping myself safe	By the end of FSU children will be able to: ● 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	
First aid -paramedic and nurse visit Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Know how to call for help in an emergency

NSPCC (current) KS1 assembly video and lesson Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Know who they can speak to should they feel unsafe
Who can help Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Recognise emotions and physical feelings associated with feeling unsafe; ● Identify people who can help them when they feel unsafe.
Good or bad touches Statutory - DfE Relationships Education, Sex Education & Health Education Lesson plan PDF available	Children will be able to: ● 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.
What could Harold do? Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum	Children will be able to: ● 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
Super sleep Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum	Children will be able to: ● Recognise the importance of sleep in maintaining a healthy, balanced lifestyle; ● Identify simple bedtime routines that promote healthy sleep

YEAR 2	
First aid -paramedic and nurse visit Statutory - DfE Relationships	Children will be able to: ● Know how to call for help in an emergency

Education, Sex Education & Health Education	
NSPCC (current) KS1 assembly video and lesson Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Know who they can speak to should they feel unsafe
I don't like that Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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.
Fun or not? Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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.
My body, your body Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum Lesson plan PDF available	Children will be able to: ● 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
Some secrets should never be kept Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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	
Basic First Aid St John ambulance lesson plans – asthma attack Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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
NSPCC (current) KS2 assembly video and lesson Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Know who they can speak to should they feel unsafe
Body space Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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.
My changing body Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum Lesson plan PDF available	Children will be able to: ● 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.
Help or harm? Statutory - DfE Relationships Education, Sex Education & Health Education n and science curriculum	Children will be able to: ● Understand that medicines are drugs and suggest ways that they can be helpful or harmful

Alcohol and cigarettes: the facts Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum	Children will be able to: ● Identify some key risks from and effects of cigarettes and alcohol; ● 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

YEAR 4	
Basic First Aid St John ambulance lesson plans – bites and stings Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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
NSPCC (current) KS2 assembly video and lesson Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Know who they can speak to should they feel unsafe
My feelings are all over the place! Statutory - DfE Relationships Education, Sex Education & Health Education Lesson plan PDF available	Children will be able to: ● 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.
All change! Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Identify parts of the body that males and females have in common and those that are different; ● Know the correct terminology for their genitalia;

Lesson plan PDF available	● Understand and explain why puberty happens
Preparing for changes at puberty Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum Lesson plan PDF available	Children will be able to: ● 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
Together Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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

YEAR 5	
First aid -paramedic and nurse visit basic life support Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Administer basic life support in the case of an emergency
NSPCC (current) KS2 assembly video and lesson Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Know who they can speak to should they feel unsafe
Growing up and changing	Children will be able to:

bodies Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum Lesson plan PDF available	● Identify some products that they may need during puberty and why; ● Understand changes to the body during puberty, including those linked to oral health; ● Know what menstruation is and why it happens.
Changing bodies and feelings Statutory - DfE Relationships Education, Sex Education & Health Education Lesson plan PDF available	Children will be able to: ● Know the correct words for the external sexual organs; ● Discuss some of the myths associated with puberty.
Help! I'm a teenager get me out of here Statutory - DfE Relationships Education, Sex Education & Health Education and computing curriculum	Children will be able to: ● 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.
Would you risk it? Statutory - DfE Relationships Education, Sex Education & Health Education and science curriculum	Children will be able to: ● 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

YEAR 6	
Basic First Aid St John ambulance lesson plans - choking Statutory - DfE Relationships Education, Sex Education & Health	Children will be able to: ● Recognise when someone is choking ● Administer ● Seek medical help if required for a choking casualty

Education	
NSPCC (current) KS2 assembly video and lesson Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Know who they can speak to should they feel unsafe
Is this normal? Statutory - DfE Relationships Education, Sex Education & Health Education n and science curriculum Lesson plan PDF available	Children will be able to: ● 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
Making babies *(Non-statutory and parents have the right to withdraw children)* Lesson plan PDF available	Children will be able to: ● 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
Drugs: it's the law Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● Understand some of the basic laws in relation to drugs; ● Explain why there are laws relating to drugs in this country
Alcohol: what is normal? Statutory - DfE Relationships Education, Sex Education & Health Education	Children will be able to: ● 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.