



Link to school Value

Love, Hope, Forgiveness, Trust and Justice

Golden Promise link/ Key concept Link

Link to
Heartsmart

**Don't Rub it in, Rub it
out!
Too much Selfie isn't
Healthy!**

Key Vocab & Definition

Consequence – that which follows, the result ie Her stomach pain was a consequence of eating too much.

Privacy – being alone or away from the view of other people ie Please respect my privacy.

Safe – providing protection from harm, loss or danger ie The cat found a safe spot in the garden.

Healthy – being free from sickness, being well, being fit.

Possible Key Text:



Possible Images:



Key Questions:

How can we maintain a healthy life style?

Why it is important to keep healthy?

Why is it important to talk about our feelings?

Why do we have to keep ourselves and other safe?

What do we know about our experiences, how can this help us?

Time: 6 hours



Core Knowledge:

- H1 – to learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
- H2 – to learn to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences
- H3 – to learn to think about themselves, to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals
- H4 – to learn about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings
- H5 – to learn about change and loss and the associated feelings (including moving home, losing toys, pets or friends)
- H15 – to learn to recognise that they share a responsibility for keeping themselves and others safe, when to say 'yes', 'no', 'I'll ask', 'I'll tell' including knowing that they do not need to keep secrets

Lesson 1:

Can I talk about how to keep a healthy lifestyle?

Lesson 2:

Can I talk about what I like and dislike and recognise good and not so good consequences?

Lesson 3:

Can I learn from my experiences?

Lesson 4:

Can I describe how I am feeling?

Lesson 5:

Can I talk about change and loss and the associated feelings?

Lesson 6:

Can I understand why it is important to keep myself and other safe?

Link to curriculum intent statement:

Strand 2 a i and b i, ii, iii, iv

Strand 4 a iii