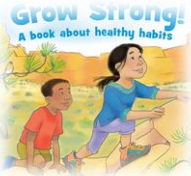
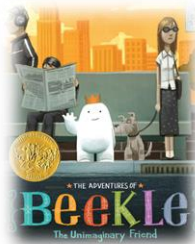


Inventions Spring		Vocabulary	Core Text or resource	Objectives		
KS1 1st and 2nd HT MENTAL WELLBEING	What colour are you today?	Feelings Others feelings Managing feelings Change and loss Talking to an adult Asking for help Managing techniques Hurtful behaviour Bullying	Lucy's Blue hair day Video	About different feelings that humans can experience. About ways of sharing feelings; a range of words to describe feelings. How to recognise what others may be feeling. To recognise that not everyone feels the same at the same time, or feels the same about the same things. Different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good.	About change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better. The importance of telling a trusted adult. How to manage when finding things difficult. About how to recognise when they or someone else feels lonely and what to do. That bodies and feelings can be hurt by words and actions; that people can say hurtful things online. About how people may feel if they experience hurtful behaviour or bullying.	To recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it. That hurtful behaviour (offline and online) including teasing, name calling, bullying and deliberately excluding others is not acceptable; how to report bullying. How to recognise and name feelings. How feelings can affect people's bodies and how they behave.
LKS2 1st HT PHYSICAL HEALTH AND FITNESS	Is being strong the same as being healthy?	Regular exercise Healthy lifestyle Asking for help Inactive lifestyle risks		How regular (daily/ weekly) exercise benefits mental and physical health (eg walking or cycling to school, daily active mile). How to recognise that habits can have both positive and negative effects on a healthy lifestyle.	How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. Recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.	

LKS2 2nd HT CARING FRIENDSHIPS	Can you invent the perfect friend?	Healthy friendships Online/offline	 The Adventures of Beekle	What constitutes a positive healthy friendship (eg mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face to face relationships.		
UKS2 1st HT HEALTH AND PREVENTION	How can we protect ourselves?	Sun exposure Sun safety Hazards Keeping safe in unfamiliar places Healthy lifestyle Healthy diet Predict, assess and manage risk Making informed decisions		About the benefits of sun exposure and risks of over exposure; how to keep safe from sun damage and sun/ heat stroke and reduce the risk of skin cancer. About hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.	Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about About the elements of a balanced, healthy lifestyle About choices that support a healthy lifestyle, and recognise what might influence these.	About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. (Link to science curriculum.) How to predict, assess and manage risk in different situations. How to make informed decisions about health.
UKS2 2nd HT CARING FRIENDSHIPS	Will we always have the same friends?	Changing friendships Peer pressure Online/offline Emotions, challenges and change	 The Hueys in the new sweater	How friendships can change over time, about making new friends and the benefits of having different types of friends.	Strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effects of online action on others.	Problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools. (Revisit with respect to friendships). Leadership