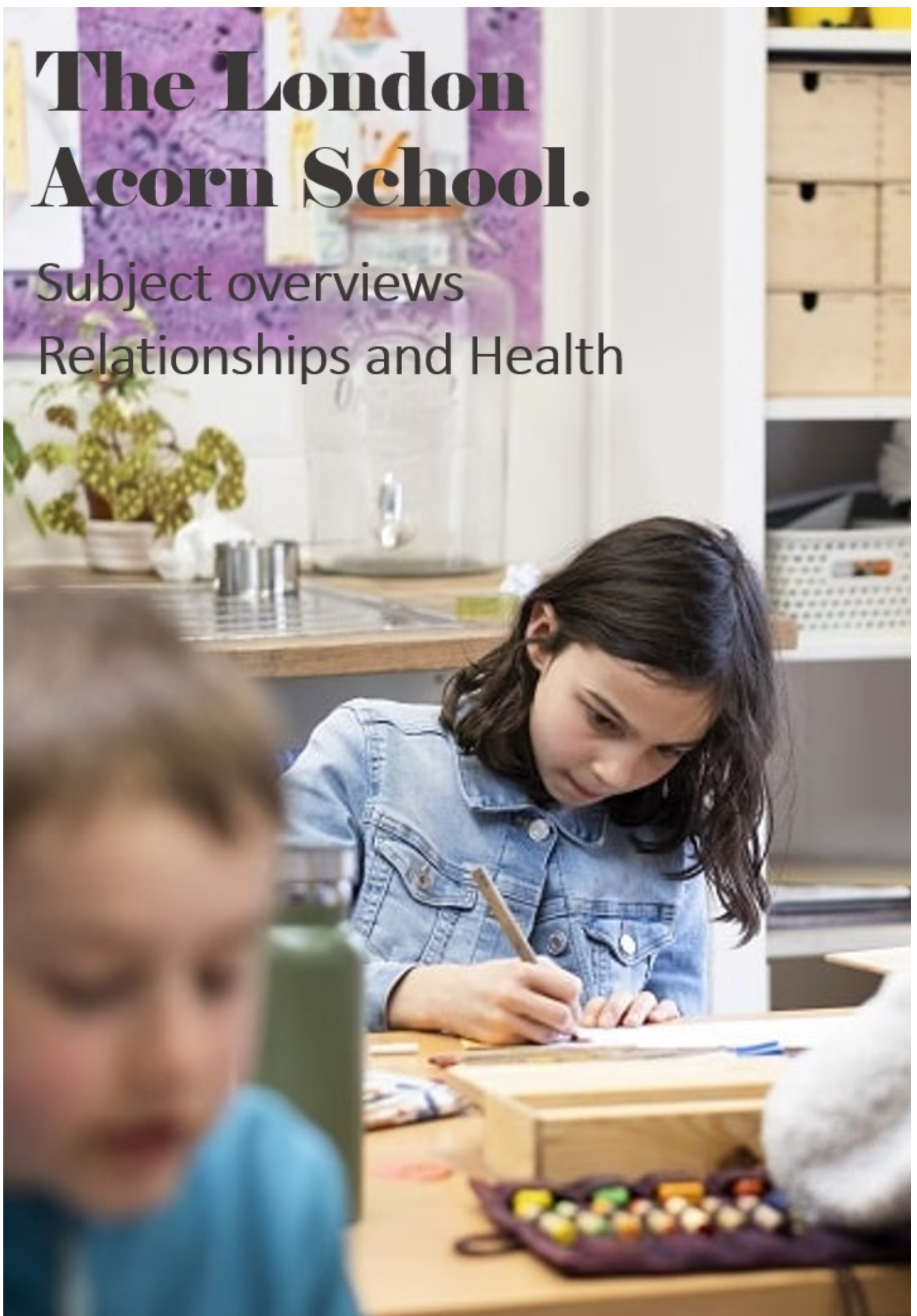


The London Acorn School.

Subject overviews

Relationships and Health



Long Term Relationships and Health Curriculum Overview

Term	Class/Year group	Subject area
Autumn	Class 1 Year 2	<p>NSPCC PANTS PROGRAMME</p> <ul style="list-style-type: none"> Name body parts and know which parts should be private Know the difference between appropriate & inappropriate touch Understand they have a right to say 'no' to unwanted touch Know who they can trust and who they can ask for help from <p>Parts of the body Healthy and safe Children will learn: • about their bodies and how they work • about the similarities and differences between boys and girls Children should: • be able to name the main parts of the body (including external genitalia) SG Growing and changing Children will learn: • more about what happens as things grow Children should: • be able to describe some elements of the growth cycle (HEP PSHE)</p> <p>Awareness of feelings Emotional Health – Self esteem/awareness Children will learn:</p> <ul style="list-style-type: none"> How to tell how people are feeling What 'privacy' means SG Children should: Be able to show some self-awareness <p>Keeping well and clean Healthy and safe Children will learn:</p> <ul style="list-style-type: none"> how some diseases are spread and can be controlled and about the responsibilities they have for their own health and that of others <p>Children should:</p> <ul style="list-style-type: none"> know how to keep themselves clean and how to brush their teeth effectively <p>Feeling unsure Healthy and safe Emotional Health Children will learn: • that household products, including medicines, can be harmful if not used properly • about feeling worried • about their right to keep things some 'private' SG Children should: • know how to protect themselves</p>
Spring	Class 1 Year 2	<p>RELATIONSHIPS using the fairytales to explore questions to relationship, dynamics and morals.</p> <p>Who are our friends? Emotional Health Self awareness Healthy and safe Children will learn:</p> <ul style="list-style-type: none"> about different types of friends , including grown-ups • the difference between secrets and surprises and the importance of not keeping adults' secrets, only surprises SG • the importance of respecting others' privacy <p>Children should:</p> <ul style="list-style-type: none"> be able to talk about good and not so good feelings SG • be able to talk about friends • begin to develop a vocabulary to describe their feelings to others and simple strategies for managing feelings SG
Summer	Class 1 Year 3	<p>Weather and Our Feelings Losing and finding Emotional Health – self esteem Children will learn: • about what happens when things get lost or change Children should: • be able to express how they feel when they lose something or if things change(including moving home, losing toys, pets or friends)</p> <p>Sustainable development Citizenship / British Values Children will learn: • about the environment Children should: • take part in a class recycling activity</p> <p>The Moons First Friend Story Used to explore healthy relationships and building friendships.</p>

		<p>- Emotional Health Anti-bullying Citizenship - responsibilities Children will learn: • more about differences between fantasy and reality Children should: • understand the difference between these Being different Values – diversity and equal opportunities Citizenship / British Values – sense of community</p> <p>Children will learn: • more about other people’s opinions and views Children should: • be able to construct a simple survey</p>
Autumn	Class 2 Year 3	<p>PERSONAL HYGIENE-TEETH</p> <ul style="list-style-type: none"> • Understand why teeth and gums are important • Know the functions and care of teeth including how tooth decay occurs • Develop good habits to prevent tooth decay • Know about germs including bacteria and viruses and how they are spread
Spring	Class 2 Year 3	<p>CHARACTERISTICS OF FAMILIES</p> <ul style="list-style-type: none"> • Know that others’ families, either in school or in the wider world, sometimes look different from their family. • Know that although some families look different, they should respect those differences • Know that other children’s families are also characterised by love and care • Know the importance of respecting others, even when they are different from them (physically, in character, personality or backgrounds) • Know the importance of respecting others who make different choices or have different personal beliefs
Summer	Class 2 Year 3	<p>HEALTHY EATING</p> <ul style="list-style-type: none"> • Know that there are benefits from eating healthy • Explore what a healthy balanced diet is • To understand why we need to drink regularly • Know how to choose healthy drink options <p>RELATIONSHIPS</p> <ul style="list-style-type: none"> • Know the importance of spending time with friends and family • Know the benefits of hobbies and interests • Know that being alone can cause loneliness which affects how we feel • Know the importance of discussing feelings with an adult and when to ask for help
Autumn	Class 3 Year 4	<p>KEEPING HEALTHY</p> <ul style="list-style-type: none"> • Know the characteristics and mental and physical benefits of an active life style • Know the importance of building regular exercise into daily and weekly routines and how to achieve this (walking/ cycling to school) • Know the risks associated with an inactive lifestyle (including obesity) • Know the importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and concentration • Know how and when to seek support including which adults to speak to in school if they are worried about their health <p>ONLINE SAFETY</p> <ul style="list-style-type: none"> • Know what information is personal and should not be shared online. • Know the importance of being nice to people online, like you would be in the playground. • Know what is ‘personal information’ and the importance of keeping personal information private. • Know why it is not safe to share videos of yourself, wearing school uniform, on YouTube (giving away information about yourself) • Know why it is not ok for someone they don’t know online (and offline) to ask you to send a photo of yourself? [No. This is personal information. • Know the meaning of digital footprint / digital tattoo and that once a person posts something they lose control of it. It is not possible to stop it from being shown somewhere on the internet. • Know that you don’t have to respond to people you don’t know and that you can leave a game at any time if you don’t feel safe or happy. <p>Resource: CEOP Clip https://www.youtube.com/watch?v=-nMUbHuffO8</p>
Spring	Class 3 Year 4	<p>PERSONAL HYGIENE</p> <ul style="list-style-type: none"> • Know about personal hygiene and germs including bacteria and viruses and how they are spread and treated • Know that there are drugs that help us • Know the facts about science relating to allergies, immunisation and vaccination • Know that we sometimes need help when we are unwell

		<p>Know how to raise the alarm and what information should be known and shared</p>
Summer	Class 3 Year 4	<ul style="list-style-type: none"> • Know that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded • Know that most friendships have ups and downs and that friendships can be repaired and strengthened • Know what a stereotype is, and how stereotypes can be unfair, negative or destructive • Explore the concept of 'real boy', 'real girl' • Know that there are similarities and differences between people • Support and show acceptance for what makes people special and unique <p>DRUGS Know that there are some things that can harm the body and make us ill</p> <ul style="list-style-type: none"> • Know when medicines can be helpful and when they can be harmful • Know that a drug is a substance that people take to change the way they think, feel or behave • Know that alcohol is a drug inside beer, spirits and wine • Know that nicotine is a drug inside cigarettes <p><i>*Life education lessons plans – Help or Harm? Alcohols and Cigarettes the facts</i></p>
Autumn	Class 4 Year 5	<p>RELATIONSHIPS- ANTI BULLYING</p> <ul style="list-style-type: none"> • Know the difference between being unkind, teasing and bullying • Know what the school rules are in regard to bullying • Know what people can do if they are being bullied • Know what peer pressure is and that it could make us behave in a way that is unacceptable, unhealthy or risky • Know where pressure might come from <p>Know who to trust and where are how to get help</p> <p>ONLINE SAFETY</p> <ul style="list-style-type: none"> • Know about the benefits of rationing time online • Know the risks of excessive time spent on electronic devices <p>Understand that positive and negative content online can affect their own and others mental and physical wellbeing</p>
Spring	Class 4 Year 5	<p>FIRST AID</p> <ul style="list-style-type: none"> • Know what first aid is • Know the concepts of basic first aid • Know how to treat minor injuries • To know the 8 skills required to respond to first aid (asthma, bones, burns, choking, head injury, bleeding, unresponsive, not breathing) British Red Cross Units <p>https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/</p>
Summer	Class 4 Year 5	<p>Stonewall – Danni’s Story</p> <ul style="list-style-type: none"> • Know the characteristics of friendships, including mutual respect, trustworthiness, loyalty, kindness, generosity and trust, sharing interests and experiences. • Know that friendship involves supporting with problems and difficulties. • Know there are different ways to express gender • Know how to recognise who to trust and who not to and how to judge a friendship that is making them feel unhappy or uncomfortable. • Explore the concept of 'real boy', 'real girl' • Know that bullying has a negative & often lasting impact on mental wellbeing <p>CONFLICT RESOLUTION</p> <ul style="list-style-type: none"> • Understand the terms 'conflict' and 'resolution' • Know what is meant by the terms 'negotiate' and 'compromise' • Develop strategies to resolve disputes and conflict

		<ul style="list-style-type: none"> Identify suitable compromises to situations to reach an agreement Know how to respect and consider other people's needs as well as our own
Autumn	Class 5 Yrs 6	<ul style="list-style-type: none"> benefits/risks of sun exposure; how to keep safe from sun damage, sun/heat stroke and reduce the risk of skin cancer facts and science relating to immunisation and vaccinations what is meant by first aid; basic techniques for dealing with common injuries, incl. head injuries(recap on making a 999 call) to understand the effects, risks and laws in relation to drugs about mixed messages in the media about drugs, incl. Alcohol, smoking/vaping <p>about organisations that support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns</p> <ul style="list-style-type: none"> Children will learn: <ul style="list-style-type: none"> about how to deal with conflicts as they arise how to recognise pressure from others to do something that is unsafe, or that feels unsafe or uncomfortable, and strategies for managing this (incl online) about the people responsible for helping them stay healthy and safe, ways that they can help these people, and how showing kindness to these people is a positive expression of thanks and celebration for them the importance of empathy/compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others about the 'protected characteristics' within the Equality Act (2010) that our behaviour has an effect on others and ourselves (jncl online) and discriminatory behaviours are wrong <p>about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced</p>
Spring	Class 5 Yrs 6	<p>Children will learn:</p> <ul style="list-style-type: none"> about benefits of rationing time spent online and impact of positive and negative content online on their own and others' mental and physical health and wellbeing why social media and some online games are age restricted how to be a discerning consumer of information online and that information from search engines is ranked, selected and targeted about how information on the internet is ranked, selected and targeted at specific individuals and groups and that connected devices can share information about how families behave about government and parliament recognise things appropriate to share and things that should not be shared on social media; rules around distributing images <p>about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation</p> <p>Children will learn:</p> <ul style="list-style-type: none"> to explore positive and negative ways of communicating in a relationship that there is nothing that they should be afraid to ask about about the role money plays in their own and others' lives, incl. the impact it can have on people's feelings and emotions about risks associated with money incl. different ways money can be won/lost through gambling-related activities(incl online) and the impact this has on health, wellbeing and future aspirations about enterprise and the skills that make someone 'enterprising' that some jobs are paid more than others and money is one factor which may influence a person's job or career choice; that people may choose to do voluntary work which is unpaid to identify the kind of job they might like to do when they are older to recognise a variety of routes into careers (e.g. college, apprenticeship, university)
Summer	Class 5 Yrs 6	<p>Health and Development</p> <ul style="list-style-type: none"> about the links between puberty and reproduction about the different ways people might start a family that people may be attracted to someone (of the opposite or same sex) romantically and sexually that civil partnerships and marriage are examples of stable, loving relationships and a public demonstration of the commitment made between two people

		<ul style="list-style-type: none">• who love and care for each other and want to spend their lives together and who are of the legal age to make that commitment <p>that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others</p>
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