

Online Relationships 1

Core Concepts

Safety RP1

Key Vocabulary

Online – on the computer
being connected to the internet

Friendship – being friends with somebody

Peers – people the same age or ability

Boundaries – knowing how to behave with a friend

Stranger – a person you do not know

Safely – to do something that will not cause harm or injury

Stages

Stage 1 – Talk about friendship and what makes a good friend.

Stage 2 – Understand that friendships have boundaries

Stage 3 – Understand that we can communicate with people online

Stage 4 – Understand that because we cannot always see people online that we cannot always be certain who we are talking to.

Stage 5 – Know what to do if a stranger is communicating with them online

Unit Outcome

Understand boundaries in friendships

Understand how to respond to strangers online

Enquiry Questions

Why is it important to know who we are talking to?

What do I do if a stranger wants to talk to me?

Useful resources

Being a good friend discussion cards

Healthy boundaries info for teachers

Traditional tales internet safety ppt

Internet safety quiz ppt

Buddy the dog internet safety quiz ppt

Road Safety 1

Core Concepts

Safety RP1

Key Vocabulary

Road – goes from one place to another and vehicles travel on it

Vehicles – transports people or goods such as a car or lorry

Safety – being protected from danger, harm or injury

Busy – full of activity (the road is busy – lots of vehicles)

Traffic – vehicles moving on the road

Left – to the left side

Right – to the right side

Pavement – next to the road for pedestrians

Kerb – the edge of the pavement

Key Activity:

Children understand the crossing sequence:

Stop

Look

Listen

Think

Stages

Stage 1 - To know that pedestrians walk on the pavement and vehicles travel on the road.

Stage 2 – To develop familiarity with the Stop, Look, Listen and Think sequence.

Stage 3 - To know how to walk safely with a grown up and hold hands when walking near the road.

Unit Outcome

To be aware of how to be safe crossing the road.

Enquiry Questions

Where is a safe place to cross the road?

How do I cross the road safely?

Useful Resources

Crossing sequence

Green Cross Code

Road safety cards

Road safety powerpoint

Physical Health 1

To understand the importance of mental and physical activity to stay healthy.

Core Concepts

Health RP2

Key Vocabulary

Health – free from illness or injury

Sleep - when our body and mind is completely relaxed

Food – what we eat to help us grow

Water – what we drink to help us grow

Exercise – activity which improves health and fitness

Energy – the strength we have for physical or mental activity

Diet – the kinds of food we eat

Hygiene – things we do to stay healthy by keeping clean and removing germs

Active – doing activities and keeping busy

Balance – having the right amount of things

Stages

Stage 1 – understanding the importance of mental activity

Stage 2 – understanding the importance of physical activity

Stage 3 – Knowing that both mental and physical activity help you to stay healthy

Unit Outcome

Knowing the importance of mental and physical health

Enquiry Questions

What is physical health?

How do I look after my physical health?

Why do I need to look after my physical and mental health?

Useful Resources

Keeping healthy ppt – from pixl

Physical Health 1

Dental Health

Core Concepts

Health RP2

Key Vocabulary

Teeth – hard, pointed structures in the mouth

Germs – microorganism which causes disease

Plaque – sticky deposit on the teeth

Decay – rot on the teeth from bacteria

Bacteria – microorganism which cause disease

Clean – free from dirt and germs

Brushing – to remove germs and dirt by sweeping/rubbing over teeth

Toothbrush – a small brush with a long handle for cleaning teeth

Stages

Stage 1 – Know that they have to keep their teeth clean.

Stage 2 – know that they have germs/bacteria in their mouth

Stage 3 – Know that they have to brush their teeth to keep them clean

Stage 4 – Understand that if they do not brush their teeth then they will develop plaque and decay

Stage 5 – Understand how to brush their teeth.

Unit Outcome

Understand the importance of dental health.

Enquiry Questions

Why do I have to brush my teeth?

Useful resources

All about healthy teeth ppt

Oral health

Key knowledge:

Know how to brush their teeth

Know how often to brush their teeth

Know how often to visit the dentist

Physical Health 1

Personal Hygiene

Core Concepts

Health RP2

Key Vocabulary

Personal – belongs to a particular person

Hygiene – keeping yourself clean

Clean – free from dirt and germs

Wash – clean with water and soap

Germs – microorganism which causes disease

Stages

Stage 1 – know what personal hygiene means

Stage 2 – Understand that there are different parts to personal hygiene eg washing hands/ clean clothes/ brushing teeth etc

Stage 3 – Understand why personal hygiene is important.

Unit Outcome

To practice good personal hygiene, including hand washing

Enquiry Questions

Why do I need to keep clean?

Useful resources

Pixl – personal hygiene

Personal hygiene ppt

Looking after yourself activity sheets

Physical Health 1

To understand the importance of mental and physical activity to stay healthy.

Core Concepts

Health RP2

Key Vocabulary

Healthy – in good physical or mental condition

Mental health – a person’s emotional well being

Physical health – our body’s health

Activity – actions or movement that a person does

Sleep - when our body and mind is completely relaxed

Food – what we eat to help us grow

Water – what we drink to help us grow

Exercise – activity which improves health and fitness

Energy – the strength we have for physical or mental activity

Stages

Stage 1 – Understand what being healthy is

Stage 2 – understand that we need to be physically healthy, eat healthily and exercise

Stage 3 – Understand that we have to keep our mind healthy (sleep, exercise, relax)

Stage 4 – Understand that both physical and mental health need to be looked after for us to stay healthy.

Unit Outcome

Knowing the importance of mental and physical health

Enquiry Questions

What is physical health?

What is mental health?

How do I look after my physical and mental health?

Why do I need to look after my physical and mental health?

Useful resources

Healthy mind and body powerpoint (Pixl) – this powerpoint could be used and worked through for this topic.

Keeping healthy ppt – from pixl