

Learning Flow

Health and Relationships Education - T1 How can we be a good friend?

What do we already know?

What do we already know?

Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

Iced out by C K Smouha

Dave the Lonely Monster by Anna Kemp

The Uncorker of Ocean Bottles by Michelle Curvas

Why is friendship important?

How friendships support wellbeing and the importance of seeking support if feeling lonely or excluded.

What is loneliness?

how to recognise if others are feeling lonely and excluded and strategies to include them

What makes a good friendship?

how to build good friendships, including identifying qualities that contribute to positive friendships

What to do when it goes wrong?

that friendships sometimes have difficulties and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences

How to ask for support?

how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support

What do we know now - how can we use it? The purpose

Learning Flow

Health and Relationships Education - T2 - What makes a community?

What do we already know?

- What do we already know?
- Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

We are all born free The Universal declaration of Human Rights - Amnesty International
Dreams of Freedom Amnesty International
We are all Wonders R J Palacio
The Smeds and the Snoos by Julia Donaldson
Tough Guys have feelings too

What is a community?

How they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups

What is a diverse community?

What is meant by a diverse community; how different groups make up the wider/local community around the school

How does a community support us?

How the community helps everyone to feel included and values the different contributions that people make

Do we all think the same way?

how to be respectful towards people who may live differently to them

What do we know now - how can we use it? The purpose

How can we encourage others to care about our communities?

Learning Flow

Health and Relationships Education - T3 - What keeps us safe?

What do we already know?

Topic Page - Prior knowledge, What do we already know? What questions do we have?

What are hazards?

How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe e.g. how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers

What is consent?

that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable

What does being put under pressure mean?

How can recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)

How do we stay safe?

How do everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)

How can we help in an emergency?

How to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns What to do in an emergency, including calling for help and speaking to the emergency services

What do we know now - how can we use it? The purpose

Learning Flow

Health and Relationships Education - T4 What are families like?

What do we already know?

What do we already know?
Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

The Smeds and the Smoos by Julia Donaldson
I don't have your eyes (Oos)
The most precious present in the world
All Kinds of Families by Sophy Henn

What is a family?

How are families different from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)

What makes a family?

Common features of positive family life often include shared experiences, e.g. spending time together, sharing hobbies, celebrations, special days or holidays

How do people show they care?

How do people within families care for each other and the different ways they demonstrate this

How to ask for support?

How to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe

What do we know now - how can we use it? The purpose

Learning Flow

Health and Relationships Education - T5 - Why should we eat well and look after our teeth?

What do we already know?

Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

What foods help us grow and stay healthy?

how to eat a healthy diet and the benefits of nutritionally rich foods

How do we maintain good oral hygiene?

regular brushing and flossing and the importance of regular visits to the dentist

How does diet affect our health?

How can not eating a balanced diet affect health, including the impact of too much sugar/acidic drinks on dental health

How do we make choices?

How do people make choices about what to eat and drink, including who or what influence these

How can we ask for support?

How, when and where to ask for advice and help about healthy eating and dental care

Learning Flow

Health and Relationships Education - T6 - Why should we keep active and sleep well?

What do we already know?

Topic Page - Prior knowledge, What do we already know? What questions do we have?

What does exercise do for our bodies?

how regular physical activity benefits bodies and feelings

How do healthy?

How to be active on a daily and weekly basis How to balance time online with other activities

How to make choices about exercise?

How to make choices about physical activity, including what and who influences decisions how the lack of physical activity can affect health and wellbeing

Why is rest important?

How lack of sleep can affect the body and mood and simple routines that support good quality sleep

How can we make a difference?

There are different ways to learn and play
Taking rest breaks from screen time

What can we do if we are worried?

how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried