What should we know?	Connections	What should we be able to do?
• How to express our feelings and understand how others might be feeling. • Our responses to our feelings can affect others. • Exercising and being outdoors can make us feel better. • How to plan a healthy diet and the risks of a poor one. • The facts about smoking alcohol and drug-taking. • Basic First Aid, how to make an emergency call and deal with some common injuries. • Good sleep, rest and some kind of spiritual practice can help us have good health. • Self-care for protection and hygiene are important. • Helping others and volunteering or campaigning for a better world is good for us. • Making time to be still, pray or meditate can help us. • It is good for us to have friends and hobbies. • Who we can turn to for help if we are unhappy or worried. • How to create good rules that keep us safe online. • The ways that people use the internet for bad purposes and how to avoid harm. • We are all special and my school believes everyone is loved and made by God. • What puberty is and how bodies change. • How to ask for help if I need it.	 Healthy food and self-care  Exercise, good rest, sleep and personal care  Screen time: good rules?  Basic First Aid  Understanding puberty  Talking about feelings  Facts about drugs, alcohol and tobacco	I can… • Talk about how people can express their emotions such as anger and fear, and manage them so they do not have a negative impact on others. • Outline how to spend time well with others and can talk about the importance of hobbies and interests. • Describe how to be safe on the internet and explain how to avoid cyberbullies and cyberbullying. • List what makes wise choices online and explain why limiting screen time is a good idea. • Explain why humans are worth looking after and why most Christians believe humans are made by God and so are precious and therefore they should look after the gift they have been given. (Stewardship) • Describe different kinds of exercise and explain why it is good for your health. PE and Science • Explain why good sleep and rest are important and why considering some spiritual activity is good for your wellbeing. • Explain why helping others, volunteering or campaigning for a better world might help my health. • Plan a healthy diet and express what the dangers of not being careful in choices about food. • Explain the facts and laws surrounding, alcohol, smoking and drugs. Science • Explain how to make an emergency call, and demonstrate how to apply basic First Aid - for example, dealing with common injuries including head injuries. • Demonstrate how to look after my teeth and my skin in the sun. I can explain why this is important and what happens if people do not do this. • Talk about how to practice personal hygiene and can explain why it can be anti-social not to do so. • Talk about puberty and how it effects girls and boys, particularly the emotional and physical changes including periods. Science • Ask the appropriate people for help if I need it.

Vocabulary	Definition
Healthy	Being of fit mind and body, being free from sickness
Cyberbullying	Bullying that is done by posting hurtful messages on the internet
First Aid	Emergency medical help given to a hurt or sick person while waiting for a medical professional
Hygiene	The practice of keeping clean to stay healthy and prevent disease
Puberty	The time in a person's life when their body changes to allow them to be able to reproduce and have babies when they are ready and if they want to
Menstruation	The release of blood and mucus from a woman's uterus, this usually happens in for 4 or 5 days, once a month, from puberty until menopause (when a woman stops being able to reproduce).
Theological vocabulary	**Definition**
Created	Our school believes that we have been created and are carefully and wonderfully made.
Dignity	Our school believes that we need to see ourselves and treat others with huge respect as people who are crafted by God.
Worthy	Having great value. We are all worthy of being looked after and protected.
Community	We are a part of a group and in our relationships, we need to realise we can have an impact on others. We need to try to show kindness and help everyone feel happy and safe. Jesus taught "Love your neighbour as yourself" (Matthew 22:37-39).
Frail	People are sometimes inclined to make poor choices about their own wellbeing - this is part of being human.
Forgiveness	We can start again, if we recognise our bad choices and start afresh. Christians believe God can help you live with more care for yourself and others.