

Lesson Breakdown

1. My Body, My Choice

To learn about taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact; understanding that actions such as female genital mutilation (FGM) constitute abuse and are a crime, and develop the skills and strategies required to get support if they have fears for themselves or their peers.

To judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them).

The concept of 'keeping something confidential or secret', when they should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'.

I know I can choose what happens to my body and how to say no.



2. Fit as a Fiddle

To learn how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.

To recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet.

I know how to keep my body healthy.



3. Good Night, Good Day

To learn what positively and negatively affects their physical, mental and emotional health.

To recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.

I know why it is important to get enough sleep.



4. Cough, Splutter, Sneeze!

To know that bacteria and viruses can affect health and that following simple routines can reduce their spread.

To know what positively and negatively affects their physical, mental and emotional health.

I know how good hygiene helps to stop the spread of disease.



5. Drugs: Healing or Harmful?

To recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience.

To recognise how their increasing independence brings increased responsibility to keep themselves and others safe.

I know how to take medicine safely and keep safe around drugs.



6. Choices Everywhere

To learn how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.

I know how to make better choices and choose healthy habits..



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).