



BIG IDEAS

Subject: Life Skills 2023-24



| | <u>Autumn 1</u> | <u>Autumn 2</u> | <u>Spring 1</u> | <u>Spring 2</u> | <u>Summer 1</u> | <u>Summer 1</u> |
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| <p>Bears Following RSE and Health Units</p> <p>PSED is embedded throughout.</p> <p>See EYFS curriculum map for more detail on PSED.</p> | <p>My Body (hygiene) Key Vocab: hygiene Importance of basic personal hygiene. ELG: Managing Self Manage their own basic hygiene and personal needs, including dressing, going to the toilet</p> <p>My relationships Key Vocab same, similar, different Celebrating similarities and differences. ELG: Building Relationships Work and play cooperatively and take turns with others. Form positive attachments to adults and friendships with peers.</p> <p>My Feelings Key Vocab: feelings, comfortable, uncomfortable How feelings are expressed, words to describe feelings ELG: Self-Regulation Show an understanding of their own feelings and those of others.</p> | <p>My Beliefs Key Vocab like, dislike, difficult Recognise likes, dislikes and empowered to making choices. ELG: Managing Self Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>My relationships recapped Key Vocab: same, similar, different, respect Celebrating similarities and differences showing tolerance and respect. ELG: Building Relationships Work and play cooperatively and take turns with others; Show sensitivity to their own and to others' needs.</p> <p>My Feelings recapped Key Vocab: feelings, comfortable, uncomfortable How feelings are expressed, words to describe feelings and simple strategies for managing feelings ELG: Self-Regulation Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> | | | <p>My Right and Responsibilities Key Vocab: private respect rules Understand personal privacy. The right to keep some things private. Respecting other people's privacy. ELG: Explain the reasons for rules, know right from wrong and try to behave accordingly</p> <p>Asking for Help Key Vocab: special Identify special people, what makes them special and how special people care for one another. ELG: Building Relationships Form positive attachments to adults and friendships with peers. ELG: Managing Self Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>My Feelings recapped for transition Key Vocab: feelings, comfortable, uncomfortable How feelings are expressed, words to describe feelings and simple strategies for managing feelings. ELG: Self-Regulation Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> | |

Aim High, Persevere, Succeed Together.

Learning is ACE.

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| <p>Lions</p> | <p>Self Esteem Unit Key Vocab: special, different, unique, respect</p> <p><i>to recognise their worth as individuals</i></p> <p><i>know we learn in different ways and choose a realistic goal</i></p> | <p>Respectful Relationships Key Vocab: same, similar, different, respect, community</p> <p><i>to identify and respect differences/ similarities identify their special people and communities what makes them special and how special people should care for one another.</i></p> | <p>Healthy Lifestyles: Mental Health and Emotional Wellbeing Key Vocab: feelings, comfortable, uncomfortable, wellbeing</p> <p><i>to communicate their feelings to others, to recognise how others show feelings and how to respond</i></p> | <p>RSE and Health Ed</p> <p>See RSE BIG IDEA Document</p> | <p>Being Safe Key Vocab: feelings, comfortable, uncomfortable, privacy, respect</p> <p><i>Know what is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy and the importance of not keeping any secret that makes them feel uncomfortable to judge what kind of physical contact is acceptable.</i></p> | <p>Drug education: Medicines Key Vocab: medicines, products, chemicals, harmful</p> <p><i>Know that household products, including medicines, can be harmful if not used properly</i></p> |
| <p>Tigers</p> | <p>Self Esteem Unit Key Vocab: special, different, unique, respect, self esteem</p> <p><i>recognise their worth as individuals</i></p> <p><i>Know some strengths as a learner and set a goal to overcome a problem</i></p> | <p>Basic First Aid Key Vocab: emergency, first aid</p> <p><i>Know about the 'special people' who work in their community and who are responsible for looking after them how people contact those special people when they need their help, including dialling 999 in an emergency</i></p> | <p>Health and Prevention Key Vocab: risks, health, dental health, hygiene, bacteria, virus,</p> <p><i>recognise early signs of physical illness (inc. exposure to the sun) the importance of sufficient good quality sleep, dental health and personal hygiene, know how viruses spread and are treated as well as allergies</i></p> | <p>RSE and Health Ed Aid</p> <p>See RSE BIG IDEA Document</p> | <p>Healthy Lifestyles: Mental Health and Emotional Wellbeing Key Vocab: feelings, comfortable, uncomfortable, wellbeing, mental health</p> <p><i>about good and not so good feelings, a vocabulary to describe their feelings to others and to develop simple strategies for managing feelings</i></p> | <p>Healthy Eating Key Vocab: diet, calories, nutrition, risks</p> <p>Learning Opportunities <i>what constitutes a healthy diet, planning and preparing a range of healthy meals.</i></p> |
| <p>Turtles</p> | <p>Self Esteem Unit Key Vocab: special,</p> | <p>Respectful Relationships Key</p> | <p>Mental Health and Emotional Wellbeing Key</p> | <p>RSE and Health Ed</p> | <p>Being Safe Key Vocab: feelings, comfortable,</p> | <p>Drug education: Tobacco</p> |

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| | <p>different, unique respect self esteem, expectations</p> <p><i>recognise their worth as individuals use their strengths as a learner and foresee obstacles and plan to overcome them</i></p> | <p>Vocab: same, similar, different, respect, community</p> <p><i>to recognise different types of relationships, to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain these</i></p> <p><i>to recognise ways in which a relationship can be unhealthy and whom to talk to if they need support</i></p> | <p>Vocab: feelings, comfortable, uncomfortable, wellbeing, mental health, self-care</p> <p><i>that there is a normal range of emotions and scale of emotions that all humans experience in relation to different experiences how to recognise and talk about their emotions and simple self-care techniques</i></p> | <p>See RSE BIG IDEA Document</p> | <p>uncomfortable, privacy, respect, boundaries, peers, esafety, cyber bullying, personal information.</p> <p><i>what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</i></p> | <p>Key Vocab: products chemicals harmful, risks, tobacco, drug, addictive, substance, smoking</p> <p><i>The facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug-taking</i></p> |
| Dolphins | <p>Self Esteem Unit Key Vocab: special, different, unique respect self esteem, expectations</p> <p><i>know their accomplishments and be proud embrace a positive mindset set realistic expectations</i></p> | <p>Fire Safety and First Aid Key Vocab: emergency, first aid, first aider, injuries, head injuries</p> <p><i>know how to make a clear and efficient call to emergency services and concepts of basic first-aid, for example dealing with common injuries, including head injuries</i></p> | <p>Health and Prevention Key Vocab: risks, health, dental health, hygiene, bacteria, virus, allergies, immunisation and vaccination.</p> <p><i>recognise early signs of physical illness, know how viruses spread and are treated and the facts and science relating to allergies, immunisation and vaccination</i></p> | <p>RSE and Health Ed See RSE BIG IDEA Document</p> | <p>Mental Health and Emotional Wellbeing Key Vocab: comfortable, uncomfortable, wellbeing, mental health, self-care,</p> <p><i>how to talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' and how to judge whether what they are feeling and how they are the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</i></p> | <p>Healthy Eating Key Vocab: diet, calories, nutrition, risks, tooth decay, obesity, alcohol</p> <p><i>what makes a poor diet and know the risks associated with unhealthy eating and other behaviours (e.g. the impact of alcohol on diet or health).</i></p> |

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| <p>Penguins</p> | <p>Self Esteem Unit Self Esteem Unit Key Vocab: special, different, unique respect self esteem, expectations</p> <p>know their accomplishments and be proud embrace a positive mindset set realistic expectations</p> | <p>Respectful Relationships Key Vocab: same, similar, different, respect, community, opinion, beliefs, bullying, cyber bullying, stereotype</p> <p>the importance of respect, even when others very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>Know about different types of bullying and how to get help and what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p> | <p>Road Safety and First Aid Key Vocab: emergency, first aid, first aider, injuries, head injuries, road safety</p> <p>know how to stay safe when using the road and how to deal with a road emergency and injuries.</p> | <p>RSE and Health Ed See RSE BIG IDEA Document</p> | <p>Mental Health and Emotional Wellbeing Key Vocab: comfortable, uncomfortable, wellbeing, mental health, self-care, esafety, cyber bullying, personal information, mindset, mental illness</p> <p>how to talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. Know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</p> | <p>Drug Education Key Vocab: chemicals, harmful, tobacco, smoking, drug, addictive, substance, illegal, abuse</p> <p>The facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug-taking</p> |
| <p>Sharks</p> | <p>Self Esteem Unit Key Vocab: special, different, unique respect self esteem, expectations</p> <p>know their accomplishments and be proud</p> | <p>First Aid Key Vocab: emergency, first aid, first aider, injuries, head injuries, CPR, life threatening, unresponsive, casualty</p> <p>know how to make a clear and efficient call to emergency services if necessary and dealing</p> | <p>Being Safe Safe Online Key Vocab: feelings, comfortable, uncomfortable, privacy, respect, bullying, cyber bullying, esafety, indecent images</p> <p>that people sometimes behave differently online,</p> | <p>RSE and Health Ed See RSE BIG IDEA Document</p> | <p>Mental Health and Emotional Wellbeing Key Vocab: comfortable, uncomfortable, wellbeing, mental health, self-care, mindset, mental illness, support</p> <p>Know it is common for people to experience mental</p> | <p>Needs Led Topic <i>What do Year 6 need to prepare for high school?</i> (Relationships, careers, emotional support).</p> |

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| | <p><i>embrace a positive mindset</i></p> <p><i>set realistic expectations</i></p> | <p><i>with a range of injuries including those that are life threatening.</i></p> | <p><i>including by pretending to be someone they are not that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect</i></p> | | <p><i>ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</i></p> | |
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