

Unit of Work	Objectives Covered
<u>Cojo</u>	Sam Pepys <ul style="list-style-type: none"> • To know when to ask for help and how to get help without asking for an adult • Understand that sometimes we need to keep trying to be successful and this is ok • To know how to follow rules and why this is important
<u>Mental Health and Wellbeing</u>	We all have feelings <ul style="list-style-type: none"> • To recognise and name some feelings that they might have • To explain how feelings can make their bodies feel inside • To describe how other's might be feelings • To identify who can help them with feelings, and how they can help others Good and not so good feelings <ul style="list-style-type: none"> • To identify feelings that are good and not so • To recognise that people feel differently about things and situations • To explain what can change their feelings and to learn about things that can help them and others to feel better Big feelings <ul style="list-style-type: none"> • To recognise that feelings can intensify (get stronger) • To describe how big feelings can affect their behaviour • To identify what can help them feel better when they have a big feeling • Use words or phrases to ask for help with feelings Change and loss <ul style="list-style-type: none"> • To recognise what change means • To identify different changes that people might experience • To recognise the relationship between change and loss • To describe how change and loss might affect people and who can help them
<u>New Beginnings</u>	New Beginnings <ul style="list-style-type: none"> • Share thoughts and opinions with others • Recognise likes and dislikes, what is fair and unfair and what is right and wrong • Set simple goals
<u>Drugs and Alcohol</u>	Keeping Safe <ul style="list-style-type: none"> • Explore substances and situations that are safe or unsafe • Know what is safe or unsafe • To know when something is too risky • To know that some things we put into our bodies can harm us • Understand some rules about keeping safe • To be able to follow safety instructions at home and at school
<u>RSE (Relationships and sex education)</u>	Differences: Boys and Girls <ul style="list-style-type: none"> • Identify differences between males and females • Begin to understand male and females are part of a lifecycle • Focus on sexual differences and name body parts
<u>Consent</u>	Asking for permission <ul style="list-style-type: none"> • Know why they should ask other people for permission in different situations, including when touching someone else • Use simple phrases to ask for, give or not give permission