

Unit of Work	Objectives Covered
<b><u>Outdoor Adventures</u></b>	<ul style="list-style-type: none"> <li>• Understand the importance of having rules</li> <li>• Know the qualities of a good friend</li> <li>• Understand the importance of trust and respect</li> <li>• To know how to care for the environment</li> <li>• Understand the importance of teamwork and taking a role in a group</li> </ul>
<b><u>Mental Health and Wellbeing</u></b>	<p><b>Everyday Feelings</b></p> <ul style="list-style-type: none"> <li>• Identify that feelings/emotions are part of our health and wellbeing</li> <li>• To know that feelings can change over time</li> <li>• To know some examples of everyday things that can affect feelings</li> </ul> <p><b>Expressing Feelings</b></p> <ul style="list-style-type: none"> <li>• To be able to name a wide range of feelings and emotions</li> <li>• To recognise why it is important for people to express their feelings</li> <li>• To be able to identify strong feelings</li> </ul> <p><b>Change, loss and grief</b></p> <ul style="list-style-type: none"> <li>• To explore the impact of different life changes, and strategies for dealing with grief</li> </ul> <p><b>Managing Feelings</b></p> <ul style="list-style-type: none"> <li>• To explore managing feelings and emotions in different situations</li> <li>• To learn about getting help, advice and support with feelings and emotions</li> </ul>
<b><u>Drugs and Alcohol</u></b>	<p><b>Smoking</b></p> <ul style="list-style-type: none"> <li>• To know how smoking affects people</li> <li>• To think about why people smoke</li> <li>• Know some effects of smoking on the body</li> <li>• Know about passive smoking</li> <li>• Know the rules and laws preventing smoking</li> <li>• To understand the positive choice not to smoke</li> </ul>
<b><u>RSE (Relationships and sex education)</u></b>	<p><b>Valuing differences and keeping safe</b></p> <ul style="list-style-type: none"> <li>• Explore the difference between males and females and name the body parts</li> <li>• Consider touch and know that a person has the right to say what they like and dislike</li> <li>• To explore different family types and who to go to for support</li> </ul>
<b><u>KiVa</u></b>	<p><b>Unit 1: Part 1</b></p> <ul style="list-style-type: none"> <li>• To know that KiVa stands for positive school environment.</li> <li>• To understand that every pupil has the right to a safe learning environment.</li> <li>• To know what is meant by emotions and the situations in which we experience them.</li> <li>• To know what a group is and provide examples.</li> <li>• To have thought about both the ways and the importance of taking others people into consideration.</li> <li>• To understand what bullying is, how it feels and understand how bullying differs from accidentally inflicting harm.</li> <li>• To understand the meaning of bystander in bullying situations.</li> <li>• To identify ways to support the victim.</li> <li>• To understand that bullying is not the victim's fault and that no one should give in to being bullied.</li> </ul>
<b><u>Consent</u></b>	<p><b>Giving and seeking permission</b></p> <ul style="list-style-type: none"> <li>• Identify situations where permission needs to be asked for</li> <li>• Give examples of how to ask for, give, or not give permission</li> <li>• Explain why asking for permission is important in different situations</li> </ul>

