

Unit of Work	Objectives Covered
<b><u>Outdoor Adventure</u></b>	<ul style="list-style-type: none"> <li>• Understand about doing their best</li> <li>• Have an insight into how to look after yourself</li> <li>• To know the importance of being helpful</li> <li>• Be able to try different things even though you may lack the confidence to do them</li> <li>• To know that actions have different benefits</li> <li>• Understand the importance of cooperation in teamwork</li> <li>• Recognise their own and others needs and strengths</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>Alcohol</b></p> <ul style="list-style-type: none"> <li>• To know what alcohol is and how it affects the body.</li> <li>• Understand that everyone will be affected differently by alcohol.</li> <li>• To know there are risks to drinking alcohol</li> <li>• Know some laws about drinking alcohol</li> <li>• Consider ways of persuading people to drink alcohol sensibly</li> </ul>
<b><u>RSE (Relationships and sex education)</u></b>	<p><b>Growing Up</b></p> <ul style="list-style-type: none"> <li>• Explore the human lifecycle</li> <li>• Identify some basic facts about puberty, reproduction and pregnancy.</li> <li>• To learn about the physical change associated with puberty</li> </ul>
<b><u>KiVa</u></b>	<p><b>Unit 1: Part 2</b></p> <ul style="list-style-type: none"> <li>• To know that KiVa stands for positive school environment.</li> <li>• To know more about him/herself and his/her classmates.</li> <li>• To understand the difference between emotions and actions.</li> <li>• To know how to join a group and how to help others to be included in the group.</li> <li>• To have thought about the positive characteristics there are in other people, and also in him/herself.</li> <li>• To know the most common consequences of being bullied.</li> <li>• To know that in this school, bullying will not be tolerated and that it will be dealt with immediately.</li> <li>• To understand that it is everyone's responsibility to reduce bullying.</li> <li>• To consider why it might be difficult to take the victims side.</li> <li>• To know what assertiveness means and how being assertive can reduce bullying.</li> </ul>

**Consent**

**Permission and personal boundaries**

- identify situations where permission needs to be asked for
- give examples of how to ask for, give, or not give permission
- explain why asking for permission is important in different situations
- to learn about personal boundaries