

### Scheme of Work

**Word Box:** smoking, tobacco, cigarette, lung, cough, passive, effect, benefits, law, second hand, quitting, pressure, toxic, chemicals, addictive

#### Programme of Study Core Theme 1: Health and Wellbeing

1. What is meant by a healthy lifestyle
  2. how to maintain physical, mental and emotional health and wellbeing
  6. how to make informed choices about health and wellbeing and to recognise sources of help with this
  8. to identify different influences on health and wellbeing
- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,
- how to make informed choices
- what positively and negatively affects their physical, mental and emotional health

#### Learning Intentions and Learning Outcomes

**Learning Intention**  
To consider smoking and its effects

**Learning Outcomes**  
To know how smoking affects people  
To consider why people smoke

**Learning Intention**  
To understand the impact of smoking and passive smoking

**Learning Outcomes**  
To know some of the effects of smoking on the body  
To know about passive smoking

**Learning Intention**  
To know some strategies to prevent starting smoking

**Learning Outcomes**  
To know the rules and laws to prevent smoking  
To be able to make the positive choice not to smoke

#### Lesson Title

Lesson 1  
[Why People Smoke](#)

Lesson 2  
[Physical Effects of Smoking](#)

Lesson 3  
[No Smoking](#)

#### Resources

[Smoking Facts Teacher Guide](#)  
[Traffic Light cards](#)  
[Tobacco pictures](#)  
[No Smoking symbol](#)  
Balloon  
[People Smoking pictures](#)

[Smoking Facts Teacher Guide](#)  
Talking Ball  
Word Storm list from Lesson 1, Activity 4  
[Body Template](#)  
[No Smoking symbol](#)  
[True / False Quiz](#)  
**Additional Activities**  
[Recovery Timeline cards](#)

[Smoking Facts Teacher Guide](#)  
[Smoking Scenarios](#)

**Additional Activities**  
<http://gosmokefree.nhs.uk/ways-to-quit/>  
<http://www.quit.org.uk/PrimaryResourcePack.pdf>  
<http://ks2.smokesnojoke.org.uk/>