



LKS2 It's My Body

	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 1: My Body, My Choice	H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact R26. about seeking and giving permission (consent) in different situations R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret	Mental Wellbeing: that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations Mental Wellbeing: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Families and People Who Care for Me: how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed Caring Friendships: how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed Respectful Relationships: the importance of permission-seeking and giving in relationships with friends, peers and adults Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) Being Safe: about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe Being Safe: that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact Being Safe: how to recognise and report feelings of being unsafe or feeling bad about any adult Being Safe: how to report concerns or abuse, and the vocabulary and confidence needed to do so
Lesson 2: Fit As a Fiddle	H2. about the elements of a balanced, healthy lifestyle H3. about choices that support a healthy lifestyle, and recognise what might influence these H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle	Mental Wellbeing: the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests Physical Health and Fitness: the characteristics and mental and physical benefits of an active lifestyle	Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard Being Safe: where to get advice, for example family, school or other sources

	H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)	Physical Health and Fitness: the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise Physical Health and Fitness: the risks associated with an inactive lifestyle (including obesity) Physical Health and Fitness: how and when to seek support including which adults to speak to in school if they are worried about their health Healthy Eating: what constitutes a healthy diet (including understanding calories and other nutritional content) Healthy Eating: the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) Drugs, Alcohol and Tobacco: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking Health and Prevention: the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn Health and Prevention: about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	
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Lesson 3: Good Night, Good Day	H1. how to make informed decisions about health H2. about the elements of a balanced, healthy lifestyle H3. about choices that support a healthy lifestyle, and recognise what might influence these H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests Health and Prevention: the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	

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Lesson 4: Cough, Splutter, Sneeze!	H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle H5. about what good physical health means; how to recognise early signs of physical illness H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health	Physical Health and Fitness: how and when to seek support including which adults to speak to in school if they are worried about their health Health and Prevention: how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body Health and Prevention: about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing Health and Prevention: the facts and science relating to allergies, immunisation and vaccination	Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs Being Safe: where to get advice, for example family, school or other sources
Lesson 5: Drugs: Healing or Harmful?	H38. how to predict, assess and manage risk in different situations H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines)	Physical Health and Fitness: how and when to seek support including which adults to speak to in school if they are worried about their health Drugs, Alcohol and Tobacco: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard Being Safe: where to get advice, for example family, school or other sources

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Lesson 6: Choices Everywhere	H1. how to make informed decisions about health H2. about the elements of a balanced, healthy lifestyle H3. about choices that support a healthy lifestyle, and recognise what might influence these H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking) H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer	Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests Physical Health and Fitness: how and when to seek support including which adults to speak to in school if they are worried about their health Healthy Eating: the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health) Health and Prevention: about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer Health and Prevention: about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	Caring Friendships: the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties