

## Healthy bodies

Keeping our bodies clean and healthy

How to make informed choices about my health

## Health and wellbeing

Hygiene and bacteria

Promote mental health and wellbeing

What is a balanced lifestyle?

## Healthy friendships and emotions

Recognise my emotions might change

Recognise how language affects others

Who can keep me safe and healthy?

Who can keep me safe outside and in time of need?

Who can help me?

Well being

## Setting goals

Recognise conflicting feelings

Recognise what I am good at and set personal goals.

Experiences

To consider how experiences shape us

Staying safe online

Recognise how to stay safe online

Be smart on the internet

## SRE

Understand that my body changes And goes through puberty

Healthy and unhealthy relationships



Smoking and alcohol

What effects does alcohol, drugs and smoking have on the body?

## Legal and illegal drugs

What are the differences between legal and illegal drugs?

## Peer Pressure

Recognise peer pressure and to understand what peer pressure is