

Key Stage 1 lesson ideas

Year 1

EYFS

- 1) Who gives us medicine?
- 2) Safe and Harmful substances in the home.
- 3) What to do if we find something that is not safe

Lesson	Themes and Key Messages
1) What we put in to our bodies	<ul style="list-style-type: none"> ● Some things that we put in to the body keep us well and some things can harm us. ● Some things are not safe for children to touch and can harm the body.
2) Medicine Safety	<ul style="list-style-type: none"> ● Some people need medicines to stay healthy. ● It is not safe to share medicines.
3) Who gives us medicines?	<ul style="list-style-type: none"> ● The key people who give us medicines. ● Medicines in school. ● When we need medicine.

Year 2

Lesson	Themes and Key Messages
1) How do medicines get in our bodies?	<ul style="list-style-type: none"> ● The methods that commonly used medicines get in to the body.
2) The positive use of medicine	<ul style="list-style-type: none"> ● Ways to stay healthy and well. ● Some people need medicines to stay healthy.
3) Keeping safe and rules	<ul style="list-style-type: none"> ● Rules for different situations. ● The importance of rules to keep us safe.
4) Keeping substances safe	<ul style="list-style-type: none"> ● Recognising that some items in the home can be dangerous. ● Recognising hazard symbols.

Key Stage 2 lesson ideas

Year 3

Lesson	Themes and Key Messages
1) Staying Healthy and Safe	<ul style="list-style-type: none">● To assess what pupils, know already about staying healthy and safe.● To identify /discuss ways that can keep us safe and healthy.
2) Smelly Pots	<ul style="list-style-type: none">● To be able to identify things that we like/dislike the smell of.
3) Breathing and the Lungs	<ul style="list-style-type: none">● To identify that we breathe air into our lungs.● To identify that sometimes it is difficult to breathe.
4) Smoke in the air	<ul style="list-style-type: none">● To identify that smoke comes in many guises and can be found in the air around us.● To recognise that smoke can affect the way we feel.

Year 4

Lesson	Themes and Key Messages
1) Healthy, Safe and Happy	<ul style="list-style-type: none">● To discuss ways that we can keep, healthy, safe and happy.● To choose five aspects relaxing to keeping healthy, safe or happy and explain to peers why it is important.● Baseline assessment - drugs.
2) What is a drug?	<ul style="list-style-type: none">● Understanding the meaning of the word drug.● Be able to identify medicines as drugs.● Consider whether some drugs and medicines are dangerous.

3) Smoking and the Lungs

- To identify that smoking is unhealthy for the lungs.
- To recognise that the number of young people that smoke is a minority.

4) Self-Control

- To recognise that self-control is a skill that can help us in life.
- To identify when we have been successful in using self-control.
- To analyse strategies that can help us when it is more difficult to use self-control.

Year 5

Lesson

Overview/Learning Outcomes

1) What's in the bag?

- Baseline Assessment.
- Draw or write assessment activity.
- identify how to respond if a syringe is discovered in a public place.

2) Legal and Illegal Drugs

- Discuss what is already known about drugs.
- List legal and illegal drugs.
- Analyse the rules and risks of drugs.
- Research common drugs that can damage health and list the ways that the drug can be harmful.

3) Habits

- Define what the term habit means.
- List healthy and unhealthy habits.
- Discuss why habits can be difficult to change.
- Analyse own habits.

4) Risk

- Define the meaning of the word risk; demonstrate understanding through writing a sentence.

Continued ...

- Identify risks and risky behaviour that someone of their age may encounter.
- Analyse different risks in different situations.

5) Dares and Consequences

- Reflect on views and attitudes to a range of dares.
- Recognise that actions (relaxing to dares) lead to consequences.
- Discuss and practice responding to dares.

5) Choices and Staying Safe

- Recognise that as we grow in independence, we will make more choices.
- Identify signs in the body when we feel unsafe.
- Describe feelings, actions and consequences of choices in a range of situations.
- Repeat assessment.

Year 6

Lesson

Overview/Learning Outcomes

1) Goals and Self Efficacy

- Baseline Assessment.
- Identify a goal and describe factors that can help or hinder the goal being achieved.
- Recognise the power of self-belief to influence choices and accomplishments.

2) The Cost of Smoking

- Calculate the weekly, monthly and annual costs of cigarettes based on real life examples.
- Recognise that quitting smoking has immediate monetary benefits and that savings from not smoking can be spent on other things.

3) The Law and the Effects of Drugs

- Identify that some drugs are legal, some are restricted and some are legal to own, use and supply to others.
- Research the effects of a drug on the body and identify a short- and long-term risk.

Continued ...

4) Solvents

- Analyse a story about young people and solvents.
 - Identify that solvent abuse can put a person's life at risk.
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5) Influences

- Discuss how outside factors influence us in choices that we make.
 - List positive and negative influences that young people experience.
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6) Peer Pressure and Assertiveness

- Practice using basic techniques for resisting peer pressure.
- Identify that sometimes people can try to influence them to do something dangerous or unhealthy, that makes them uncomfortable, anxious or that they believe is wrong.
- Repeat assessment.