



Healthy bodies



Keeping our bodies clean and healthy




How to make informed choices about my health



Health and wellbeing

Promote mental health and wellbeing



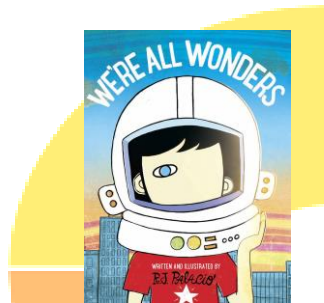

Hygiene and bacteria



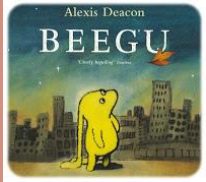
What is a balanced lifestyle?



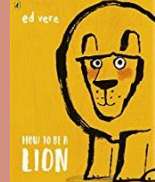
Feelings

Recognise my emotions might change



Recognise my feelings and describe them



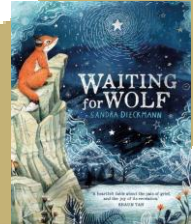
Who can help me?

Who can keep me safe and healthy?



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

Manage bereavement


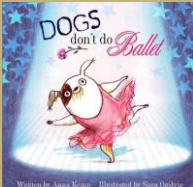


Setting goals

Recognise conflicting feelings



Recognise what I am good at and set personal goals.

Being assertive

Recognise why it is hard to be assertive

Staying safe online



Recognise how to stay safe online



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