



Life Learning – Long Term Planning

EYFS					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Meet your brain Lesson 1 - We are learning what our brain looks like. We are learning what our brain helps us with	Celebrate Lesson 1 - We are learning what Character Strengths are. We are learning about the Love and Kindness Strength	Appreciate Lesson 1 - We are learning how to be grateful for other people. We are learning how being grateful makes you feel	Relate Lesson 1 - We are learning how to be a good friend. We are learning why getting along with others is so important.	Engage Lesson 1 - We are learning what goals are. We are learning how to set goals	As needed for the cohort
Meet your brain Lesson 2 - We are learning about how to look after our brain	Celebrate Lesson 2 - We are learning about Character, Strengths of Bravery, Honesty, Teamwork and Friendship.	Appreciate Lesson 2 - We are learning to be grateful for activities and times we feel happy about.	Relate Lesson 2 - We are learning why listening is so important. We are learning what Active Listening is.	Engage Lesson 2 - We are learning what Big Dream Goals are.	As needed for the cohort
Meet your brain Lesson 3 - We are learning how we can grow our brains.	Celebrate Lesson 3 - We are learning about the Character Strengths Exploring and Learning and Love of Life and our World	Appreciate Lesson 3 - We are learning how to be grateful for ourselves	Relate Lesson 3 - We are learning about our emotions and how if feel when we are not getting along with others.	Engage Lesson 3 - We are learning what to do when goals are tricky	As needed for the cohort
Lesson 4 - We are learning about how to brush our teeth and why this is important for our overall health and wellbeing.	Lesson 4 – We are learning about how to be a safe pedestrian.	Lesson 4 – We are learning about what a sensible amount of screen time is and why this is important for our overall health and wellbeing.			As needed for the cohort

In EYFS, children will also learn about how to manage their own needs like their personal hygiene. They will also be able to talk about how regular physical activity, healthy eating and having a good sleep routine will help with their overall health and wellbeing. All of this learning will take place incidentally, through other lessons like P.E and during provision.

Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Meet your brain Lesson 1 - We are learning what our brain looks like and how it helps us We are learning that the brain has 3 parts	Celebrate Lesson 1 - We are learning what character is. We are learning how character makes us special	Appreciate Lesson 1 - We are learning what Appreciate means. We are learning ways to show appreciation. We are learning who we are grateful for.	Relate Lesson 1 - We are learning what Relate means. We are learning how our Character Strengths and differences can help us Relate.	Engage Lesson 1 - We are learning what Engage means. We are recapping which habits we have learnt to help us feel good.	Health and Wellbeing – Physical Wellbeing Lesson 1 - We are learning simple hygiene routines that can stop germs from spreading.
Meet your brain Lesson 2 - We are learning about how our brains help us We are learning what Neuroplasticity is We are learning how Team H-A-P help us be our best self	Celebrate Lesson 2 - We are learning more about Character Strengths . We are learning why it is important to use our strengths.	Appreciate Lesson 2 - We are learning how important showing Gratitude is. We are learning how Gratitude makes us feel. We are learning how to show appreciation to ourselves.	Relate Lesson 2 - We are learning more about how to Relate to people. We are learning all about Active Listening	Engage Lesson 2 - We are learning how we can achieve our goals when we feel good. We are learning how to set goals.	Health and Wellbeing – Keeping Safe Lesson 2 - We are learning. about rules and age restrictions that keep us safe.
Meet your brain Lesson 3 - We are learning what happens when Team H-A -P is happy and sad. We are learning how you can help Team H-A -P.	Celebrate Lesson 3 - We are learning more about the types of Character Strengths that we use most. We are learning why it is important to use our strengths	Appreciate Lesson 3 - We are learning about Gratitude for Experiences. We are learning why Gratitude makes us feel good.	Relate Lesson 3 - We are learning how relating to other people helps us to get along with them. We are learning to think about other people's opinion	Engage Lesson 3 - We are learning how to stay focused when things get tough and don't go as planned. We are learning about the importance of believing in ourselves and how this helps us to be our best self.	Health and Wellbeing – Keeping safe Lesson 3 - We are learning about ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely

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<p>Meet your brain Lesson 4 - We are learning more about Happy Breathing and how it helps us. We are learning that our brain can react differently in different situations</p>	<p>Celebrate Lesson 4 - We are learning how to use our strengths even more. We are thinking about which strengths we use the most.</p>	<p>Safe Relationships Lesson 4 – We are learning to recognise that some things are private and the importance of respecting privacy and that parts of our body covered by underwear are private.</p>	<p>Living in the wider world - Communities Lesson 4 - We are learning about the different groups we belong to. We are learning about the different roles and responsibilities people have in our community.</p>	<p>Engage Lesson 4 - We are recapping everything we have learnt this year. We are thinking about how we can share our learnings with other people.</p>	<p>Health and Wellbeing – Keeping safe Lesson 4 – We are learning about the people whose job it is to help keep us safe We are learning about how to respond safely to adults they don't know.</p>
<p>Meet your brain Lesson 5 - We will be recapping and thinking about how we can use our new knowledge.</p>	<p>Living in the wider world – Aspirations, work and career Lesson 5 - We are learning about different jobs that people they know or people who work in the community do. We are learning about some of the strengths and interests someone might need to do different jobs.</p>	<p>Safe Relationships Lesson 5 – We are learning about how to respond if physical contact makes us feel uncomfortable or unsafe.</p>	<p>Living in the wider world – Shared responsibilities Lesson 5 – We are learning about what rules are, why they are needed, and why different rules are needed for different situations.</p>	<p>Health and Wellbeing – Ourselves, growing and changing Lesson 5 - We are learning about growing and changing from young to old and how people's needs change.</p>	<p>Health and Wellbeing – Ourselves, growing and changing Lesson 5 - We are learning about preparing to move to a new class/year group</p>
<p>Lesson 6 - Physical health - We are learning what foods keep us healthy and the risks of eating too much sugar We are learning about how physical activity helps us to stay healthy. We are learning about the people who help us to stay physically healthy.</p>	<p>Living in the wider world – Money/ Aspirations, work and career Lesson 6 - We are learning what money is; forms that money comes in; that money comes from different sources. We are learning that jobs help people to earn money to pay for things.</p>		<p>Living in the wider world – Shared responsibilities Lesson 6 - We are learning how people and other living things have different needs and about the responsibilities of caring for them. We are learning about things we can do to help look after our environment.</p>	<p>Health and Wellbeing – Physical Wellbeing Lesson 6 – We are learning how to keep safe in the sun and protect skin from sun damage.</p>	

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Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Meet your brain Lesson 1 - We are learning what our brain looks like and how it helps us We are learning that the brain has 3 parts	Celebrate Lesson 1 - We are learning all about character and why it matters.	Appreciate Lesson 1 - We are learning what Gratitude means. We are learning how we can show Gratitude. We are learning who we may be grateful for.	Relate Lesson 1 - We are learning how we can have good relationships with other people. We are learning how our differences can help us.	Engage Lesson 1 - We will be learning how we can use everything that you have learnt to feel good and do good.	Health and Wellbeing – Keeping safe External visitor into school We are learning about what to do if there is an accident and someone is hurt We are learning how to get help in an emergency (how to dial 999 and what to say)
Meet your brain Lesson 2 - We are learning how our brains grow We are learning what Neuroplasticity is We are learning how Team H-A-P help us be our best self	Celebrate Lesson 2 - We are learning about which Character Strengths we use the most. We are learning why it's important to use Character Strengths.	Appreciate Lesson 2 - We are learning about the importance of showing gratitude to ourself. We are learning how Gratitude helps Team H-A-P.	Relate Lesson 2 - We are learning more about how we Relate with others. We are learning how to use our strengths to Relate to others.	Engage Lesson 2 - We will be learning when we feel good, we do good. We are learning how to set goals.	Health and Wellbeing – Keeping safe Lesson 1 - We are learning about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)
Meet your brain Lesson 3 – We are learning which emotions might impact Team H-A-P. We are learning how you can help Team H-A-P.	Celebrate Lesson 3 - We will be learning how we can grow our strengths.	Appreciate Lesson 3 - We are learning why it is important to be grateful for experiences.	Relate Lesson 3 - We are learning about Active Listening and how it helps us to Relate to others.	Engage Lesson 3 - We are learning how we can keep focused on our goal when things get tough.	Health and Wellbeing – Keeping safe Lesson 2 - We are learning that household products (including medicines) can be harmful if not used correctly

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<p>Meet your brain Lesson 4 - We are learning about how Happy Breathing helps us. We are learning that our brain reacts differently in different situations. We are learning how Neuroplasticity can help Happy Breathing</p>	<p>Celebrate Lesson 4 - We are learning about sharing your strengths with others and giving positive feedback.</p>	<p>Safe Relationships Lesson 4 - We are learning there are situations when we should ask for permission and also when our permission should be sought.</p>	<p>Relate Lesson 4 - We are learning about other people's reactions. We are learning how Happy Breathing can help with our friendships.</p>	<p>Engage Lesson 4 - We are recapping everything we have learnt this year.</p>	<p>Health and Wellbeing – Keeping safe Lesson 3 - We are learning about dental care and visiting the dentist; how to brush teeth correctly and food and drink that support dental health.</p>
<p>Meet your brain Lesson 5 - We will be recapping and thinking about how we can use our new knowledge.</p>	<p>Living in the wider world – Economic Wellbeing Lesson 5 - We are learning that people make different choices about how to save and spend money. We are learning that money needs to be looked after and that there are different ways of doing this.</p>	<p>Safe Relationships Lesson 5 - We are learning about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually).</p>	<p>Health and Wellbeing - Mental health Lesson 5 – We are learning about loss (including death) and to identify feelings associated with this. We are learning to recognise what helps people to feel better.</p>	<p>Health and Wellbeing – Ourselves, growing and changing Lesson 5 - We are learning to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p>	<p>Health and Wellbeing – Drugs, alcohol and tobacco Lesson 4 - We are learning about things that people can put into their body or on their skin; how these can affect how people feel.</p>
	<p>Living in the wider world – Economic Wellbeing Lesson 6 – We are learning about the difference between needs and wants and that sometimes people may not always be able to have the things they want.</p>	<p>Safe Relationships Lesson 6 - We are learning basic techniques for resisting pressure to do something we don't want to do and which may make us unsafe.</p>	<p>Health and Wellbeing - Physical wellbeing Lesson 6 – We are learning that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.</p>		<p>Health and Wellbeing – Ourselves, growing and changing Lesson 5 - We are learning about preparing to move to a new class/year group</p>

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The following KS1 objectives are covered through our computing scheme of work too:

L7. about how the internet and digital devices can be used safely to find things out and to communicate with others.

L8. about the role of the internet in everyday life.

L9. that not all information seen online is true.

R14. that sometimes people may behave differently online, including by pretending to be someone they are not.

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