






A-life Curriculum Coverage Map

International Primary Curriculum



Early Years (age 3-5)

Unit / topic	Objectives (Children will be learning...)	A-Life Workshop (All Key stages)	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
 Food	<ul style="list-style-type: none"> • Set up a café (pretend food) • Make pictures of food • Find out where food comes from 	✓			
 The Olympics, Let's Get Moving	<ul style="list-style-type: none"> • Play with different PE equipment • Explore different things with different materials to do with sports • Do lots of indoor and outdoor games • Count numbers in teams and classify different sports in different ways • Talk about lots of different sports and learn the names of different parts of their body 	✓	✓		




Milepost 1 (age 5-7)

Unit / topic	Objectives (Children will be learning...)	A-Life Workshop (All Key stages)	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
 <p>How Are You? (Health)</p>	<ul style="list-style-type: none"> • About eating the right foods • About getting enough exercise • Why our bodies need sleep • How germs get inside our bodies • How to protect our bodies • About our senses • How exercise keeps our body healthy • What activities we can do to stay fit 	✓	✓		
 <p>We Are What We Eat (Food)</p>	<ul style="list-style-type: none"> • Why we need to eat food and what the best foods are • How some of our food grows • Where our food comes from • What food is eaten in our home 	✓			
 <p>Who I am? (Ourselves)</p>	<ul style="list-style-type: none"> • What activities we can do well • How we can stay fit and strong • About how our hearts work • About different types of foods 	✓	✓		

Milepost 2 (age 7-9)

Unit / topic	Objectives (Children will be learning...)	A-Life Workshop (differentiated for age group)	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (Yrs 5-6)
 <p>Science- How Humans Work (Human Body)</p>	<ul style="list-style-type: none"> • About human teeth • How our body uses food and water • How our heart works to keep us alive • All about skeletons and muscles • Why exercise is good for us • How tobacco and alcohol harm the body • Which foods keep us healthy and why • How to plan and prepare a healthy meal 	✓		✓	✓
 <p>Shaping Up (Health and Fitness)</p>	<ul style="list-style-type: none"> • About the human skeleton, organs and muscles • How the human heart works • What is meant by a balanced diet • How to look after our teeth • About the harmful effects of cigarettes and alcohol • How much physical exercise we need • About the effects of physical activity on our heart rate • About the benefits of physical activity • How different movements work different parts of the body • How much sleep we should have • About our food preferences 	✓		✓	✓

Milepost 3 (age 9-12)

Unit / topic	Objectives	A-Life Workshop (All Key stages)	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
 <p>Fit For Life (Health Education)</p>	<ul style="list-style-type: none"> Exploring the range of ways in which we can improve our physical fitness Practising enjoyable activities that help us to become fitter Taking regular exercise to see whether it makes a measurable difference to our fitness Enquiring into diet and health Learning more about changes to our bodies that take place as we grow Learning more about our bodies and how we can keep them in good condition 	✓		✓	✓
 <p>Drugs Education (Drugs Awareness)</p>	<ul style="list-style-type: none"> About the structure of the human body About the functions of the major internal and external parts of the human body About the effects of different drugs and how these might change the way we feel and behave About different types of drugs About the local amenities that aid health, fitness and drugs awareness About the different views people have towards drugs 				✓
 <p>Being Human (Human Body)</p>	<ul style="list-style-type: none"> About the bones and muscles in the body How the human heart works How we breathe and what the lungs do How the body uses food and water 	Aspects covered – not in great detail.			