

## The National Curriculum 2014

### PSHE - End of Key Stage Statements for PSHE

#### Key Stage One

Unit / topic	Objective (end of Key Stage Statements)	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
<b>Key Stage 1:</b> End of Key Stage statements	<ul style="list-style-type: none"> <li>• Children can make simple choices about some aspects of their health and well-being (for example by choosing between different foods and between physical activities)</li> <li>• Children know what keeps them healthy (for example exercise and rest)</li> <li>• Children can explain ways of keeping clean (for example by washing their hands and keeping their hair tidy)</li> <li>• Children can name the main parts of the body</li> <li>• Children can talk about the harmful aspects of some household products and medicines</li> <li>• Children can describe ways of keeping safe in familiar situations</li> <li>• Children can explain that people grow from young to old</li> <li>• Children can cooperate with others (for example by playing and working with friends or classmates)</li> </ul>	✓  ✓  ✓  ✓  ✓  ✓  ✓  ✓	✓  ✓  ✓      ✓		

## PSHE - End of Key Stage Statements for PSHE

### Key Stage Two

Unit / topic	Objective (End of Key Stage Statements)	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
<b>Key Stage 2: End of Key Stage Statements</b>	<ul style="list-style-type: none"> <li>Children can make choices about how to develop healthy lifestyles (for example by knowing the importance of a healthy diet and regular exercise)</li> <li>Children can identify some factors that affect emotional health and well-being (for example exercise or dealing with emotions)</li> <li>Children can make judgements and decisions and can list some ways of resisting negative peer pressure around issues affecting their health and wellbeing</li> <li>Children can list the commonly available substances and drugs that are legal and illegal, and can describe some of the effects and risks of these</li> <li>Children can identify and explain how to manage the risks in different familiar situations (for example discussing issues connected to personal safety)</li> </ul>	<p>✓</p> <p>✓</p>		<p>✓</p> <p>✓</p>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>

# PSHE (taken from PSHE association suggested programme of study)

## Key Stage One

Unit / topic	Objectives Children should be taught...	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Core Theme 1: Health and Wellbeing	<ul style="list-style-type: none"> <li>• what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health</li> <li>• to recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health</li> <li>• the importance of and how to maintain personal hygiene</li> <li>• how some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others</li> <li>• the names for the main parts of the body...</li> <li>• that household products, including medicines, can be harmful if not used properly</li> <li>• rules for and ways of keeping physically and emotionally safe</li> <li>• to recognise that they share a responsibility for keeping themselves and others safe</li> </ul>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>	<p>✓</p>		

## PSHE (taken from PSHE Association suggested programme of study)

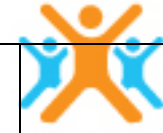
### Key Stage Two

Unit / topic	Objectives Children should be taught...	A-Life Workshop (All Key stages)	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Core Theme 1: Health and Wellbeing	<ul style="list-style-type: none"> <li>what positively and negatively affects their physical, mental and emotional health</li> </ul>	✓			✓
	<ul style="list-style-type: none"> <li>how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'</li> </ul>	✓			✓
	<ul style="list-style-type: none"> <li>to recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet</li> </ul>	✓			
	<ul style="list-style-type: none"> <li>to differentiate between the terms, 'risk', 'danger' and 'hazard'</li> </ul>	✓			✓
	<ul style="list-style-type: none"> <li>to recognise their increasing independence brings increased responsibility to keep themselves and others safe</li> </ul>				✓
	<ul style="list-style-type: none"> <li>to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong</li> </ul>	✓			✓
	<ul style="list-style-type: none"> <li>what is meant by the term 'habit' and why habits can be hard to change</li> </ul>	✓			✓
	<ul style="list-style-type: none"> <li>which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, that some are legal, some are restricted and</li> </ul>	✓			✓

# A-life

some are illegal to own, use and supply to others  
about taking care of their body...

✓



Get healthy. Get active. Get A-life.



## PHYSICAL EDUCATION

A-life workshops and fitness sessions cover the following National Curriculum for **Physical Education** Aims:

- ✓ Provide opportunities for pupils to become physically confident in a way which supports their health and fitness
- ✓ Provide opportunities to compete in sports and other activities build character and help to embed values such as fairness and respect
- ✓ Develop competence to excel in a broad range of physical activities
- ✓ (pupils should be) physically active for sustained periods of time
- ✓ (pupils should) lead healthy, active lives

Unit / topic	KEY STAGE ONE Pupils should be taught to:	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Physical Education	<ul style="list-style-type: none"> <li>• Master basic movement including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• Participate in team games...</li> <li>• Perform dance moves using simple movement patterns</li> </ul>		<p style="text-align: center;">✓</p> <p style="text-align: center;">✓</p> <p style="text-align: center;">✓</p>		



Unit / topic	<b>KEY STAGE TWO:</b> Pupils should be taught to:	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Physical Education	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• Develop flexibility, strength, technique, control and balance</li> </ul>			✓  ✓	

## SCIENCE

### Key Stage One

Unit / topic	Year One Pupils should be taught to:	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Animals including humans	<ul style="list-style-type: none"> <li>Identify and name a variety of common animals that are carnivores, herbivores and omnivores</li> <li>Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense</li> </ul>	<p>✓</p> <p>✓</p>			

Unit / topic	Year Two Pupils should be taught to:	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Animals including humans	<ul style="list-style-type: none"> <li>Find out and describe the basic needs of animals, including humans, for survival (water, food and air)</li> <li>Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene</li> </ul>	<p>✓</p> <p>✓</p>	<p>✓</p>		



### Key Stage Two

Unit / topic	Year Three and Four Pupils should be taught to:	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Animals including humans	<ul style="list-style-type: none"> <li>Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get their nutrition from what they eat</li> <li>Identify that humans and some animals have skeletons and muscles for support, protection and movement</li> <li>Identify the different types of teeth in humans and their simple functions</li> <li><i>(Non-statutory): Finding out what damages teeth and how to look after them</i></li> </ul>	<p>✓</p> <p>✓</p> <p>✓</p>			

Unit / topic	Year Five and Six Pupils should be taught to:	A-Life Workshop	Fun Fitness (KS1)	Circuit Sessions (KS2)	Drugs and Alcohol awareness (KS2)
Animals including humans	<ul style="list-style-type: none"> <li>Recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function</li> <li>Describe the way in which nutrients and water are transported within animals, including humans</li> <li><i>(Non-statutory): pupils should learn how to keep their bodies healthy and how their bodies might be damaged – including how some drugs and other substances can be harmful to the human body</i></li> <li><i>(Non-statutory): pupils might work scientifically by exploring the work of scientists and scientific research about the relationship between diet, exercise, drugs, lifestyle and health</i></li> </ul>	<p>✓</p> <p>✓</p> <p>✓</p> <p>✓</p>		<p>✓</p>	<p>✓</p> <p>✓</p>