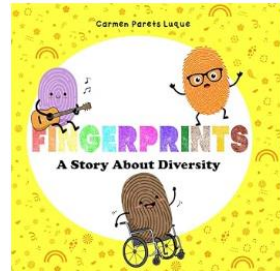


Life Skills Medium Term Plan KS1 – From Sept 2026

Teachers to be aware that the RSE and Health curriculum has changed. Some of the statutory headings have changed and the objectives are slightly different.

Autumn A					
Week	Theme	Statutory objective	Learning objective	Resources	End point knowledge.
	Statutory headings	Health and wellbeing Relationships	What is being learned rather than what is being done?	Think and link tasks could be incorporated into the beginning of the lesson to allow children to make connections to new learning.	What should the children know at the end of the lesson? This content will be taken forward as retrieval practice.
Week 1 & 2	Respectful, kind relationships Link to British Value - Tolerance	That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs. R	L.O. To understand the importance of respect Respect, rules, values.	Week 1 (oracy lesson) – Display an image that could provoke discussion about respect (playground and home). Children to have discussions about what respect means to them. Week 2 – Read Fingerprints and discuss what it means to respect each other's differences. 	-What respect is. -How to show respect towards others. -Discuss the importance of respect.

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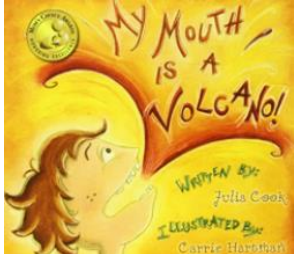
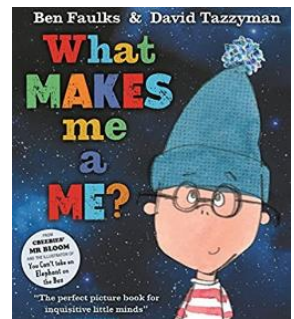
PE

Computing

School Rules

Christian Values

Science

Week 3	Respectful relationships Link to British Value - Tolerance	That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs. R	L.O. To understand the importance of respect within a classroom Appropriate, inappropriate, respect.	Children will be aware of school rules (Ready, Respectful and Safe). This lesson will allow children to decide on appropriate and inappropriate behaviour within the classroom. 	-What respect looks like in a classroom. -Understand appropriate behaviour in and around school
Week 4	Respectful relationships Link to British Value – Tolerance	That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs. R	L.O. To understand that I need to respect others who are different to me Respect, different, similar, unique.	Link to previous weeks but this week with a focus on religion and beliefs. (RE) Children should understand that differences should be celebrated as well as respected. 	-All people are different. -Differences should be celebrated.

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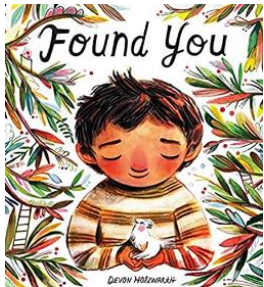
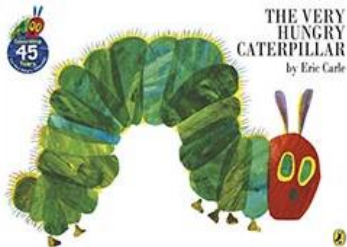
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School Rules

Christian Values

Science

Week 5	Caring friendships Link to British Value – Individual liberty	How important friendships are in making us feel happy and secure, and how people choose and make friends. R	L.O. To understand that friendships make us happy Friendships, happy, unhappy, positives, negatives, included.	 Link to children making new friends but still being able to find room for old friends. (Children may now be in a class where there are new children for them to make friends with)	-Understand what a true friend is. -Know how their friends make them happy.
Week 6	Healthy eating	Understanding the importance of a healthy relationship with food H	L.O. To understand why food is good for me. Healthy, balanced, healthy, unhealthy.	 Link back to the choices the caterpillar made. Discuss what children think would happen if the caterpillar continued to make the wrong food choices.	-Understand what a healthy meal is -Know what effects a poor diet can have

RE

PE

Computing

School Rules

Christian Values

Science

Week 7	Physical health and fitness	The characteristics and mental and physical benefits of an active lifestyle. H	L.O. To understand that exercise makes me happy. Healthy, physical exercise, wellbeing, happiness.	Children could begin with a match up. Image of children exercising alongside emotions they may be feeling. Children to discuss the different emotions. https://youngminds.org.uk/resources/school-resources/helloyellow-primary-lesson-plan/ End by doing some exercise and discuss how children felt.	-Understand the importance of exercise on mental health -Know what exercise is
Week 8	Basic First Aid	How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them. (Link to EYFS – People who help us) H	L.O. To understand how to make a phone call in an emergency Emergency, police, fire service, ambulance service.	https://www.youtube.com/watch?v=XrE5ovGiB9M cartoons including injury - Google Search Play Peppa Pig episode to children. Stop at the section where Doctor Brown Bear falls over. What would the children do if they saw someone fall over and they needed their help? Or, play the Caillous episode. Stop when Caillous falls over and discuss same questions. Link to when the children are on the playground. What do they do if they fall over or if their friends are hurt? Pupils to plan an emergency call to help a character – Stickman is lost (police) Callious is hurt (ambulance)	-To know what an emergency is. -To know who can help us in an emergency. -To know to call 999 in an emergency.

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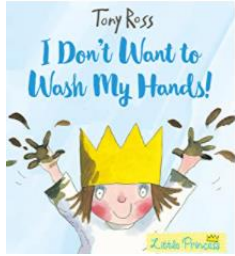
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Christian Values

Science

Half term

Week 1	Health protection and prevention	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. H	L.O. To understand why I should wash my hands regularly Hygiene, germs, healthy	 https://www.bbc.co.uk/cbeebies/radio/get-well-soon-wash-your-hands-song	-How to correctly wash hands -Understand why I need to wash my hands, especially before eating and after the toilet
Week 2	Health Protection and prevention	The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn. H	L.O. To understand why sleep is important Sleep, health, quality	Children could do some drama and role play of how behaviour and learning would be impacted if they didn't have sufficient sleep. Or, they could design a poster to share the importance of sleep. 	-Understand the importance of sleep -To understand that a sleep routine is important

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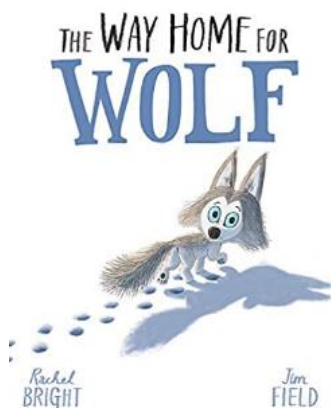
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Christian Values

Science

Week 3	Respectful, kind relationships	The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help. R	L.O. To understand what bullying is and consider the impact on others Bulling, unhappy, happy, trust, trusted adults.	 Children to think about how the thoughts of others could hurt the feelings of the pirates. What would the children do if they were Matilda? Provide children with the vocabulary to discuss the feelings of the characters. https://www.bbc.co.uk/bitesize/topics/zbxsbk/resources/1	-Understand what bullying is -Know the impact of bullying -Identify trusted adults
Week 4	General wellbeing	The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. H	L.O. To understand a range of emotions Emotion words (upset, happy, frightened, worried, excited).	 Think about the different feelings Wolf experienced.	-To understand a range of emotions -To know who to talk to about my emotions

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Computing

School Rules

Christian Values

Science

Week 5	General wellbeing	The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition. H	L.O. To understand that it is normal for emotions to change Emotion words (upset, happy, frightened, worried, excited).	Discuss how emotions have changed throughout the book. 	-To understand my emotions -To know who to talk to about my emotions
Week 6	Personal achievements <i>Link to British Value – Individual liberty</i>	Loving, growing succeeding together is our vision as a school. This week, we will celebrate all the things we have achieved together so far.	L.O. To celebrate my achievements. Achievements, perseverance, celebration.		-Know what an achievement is. -Focus on positives (growth mindset)