

Life Skills Medium Term Plan LKS2 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 Beginning	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 in school.	Week 1 - Images could be used to allow children to discuss respect and kindness. How do children define the difference between respect and kindness? Do the children remember anything about British Values? Week 2 – Link respect and kindness to behaviours within the classroom and playground. Make specific link to British Values and link to RE.	-Understand what respect should look like in and around school

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Week 3	Respectful, kind relationships Link the British Value Tolerance	How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration. R	L.O. To know how to manage conflict with kindness and respect.	Scenario based lesson – You could use images or videos to support. Show children different scenarios where conflict is happening – could link to History or PE. Can the children identify what the conflict is? How could the people involved overcome this conflict respectfully and kindly? Link to school values. Children could produce a guide on how to deal well with conflict for younger years.	-Know what conflict is. -Understand that conflict should be dealt with respectfully and kindly.
Week 4	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. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships. R	L.O. To understand the importance of friendship Friends, positive, negative, secure.	Children should transfer their knowledge from the previous respectful relationships lesson.  Children could create an exploration text explaining how to make friends. Ensure that they include examples of how friends should make us feel.	-Know that friends should make us feel happy and secure. -Know how to make friends with others.

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Week 5	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 the importance of sleep Quality sleep, weight, focus, mood, mental health.	https://www.bbc.co.uk/cbbc/findoutmore/help-me-out-sleep Teachers to explore website and adapt to needs of children. Children to understand the benefits of a good sleep routine and the implications of having a poor sleep routine. What does a good sleep routine look like? Pupils could produce a poster, information leaflet about sleep explaining the positives and negatives.	-To understand why sleep is important -To know the effects of lack of sleep on health
Week 6	Health protection and prevention/ Healthy eating	About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular check ups at the dentist. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay). H	L.O. To understand how healthy eating can affect my teeth. Balanced diet, healthy, unhealthy, tooth decay	https://www.bbc.co.uk/bitesize/clips/zc_w9wmn Look at healthy eating plate – Link to Science. Potential to set up the egg experiment to test the effect of sugary drinks on their teeth. Explain the process for brushing teeth, and having regular check ups. Also, explain how fluoride helps our teeth and the effects on our teeth if we don't brush them.	-Know what a healthy/balanced diet is -Understand some of the associated risks.

RE

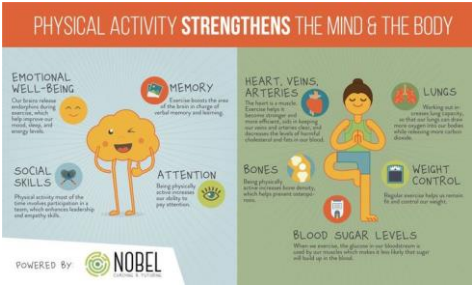
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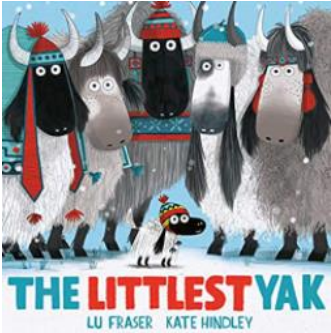
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Week 7	Physical health and fitness	The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity. The risks associated with an inactive lifestyle, including obesity. H	L.O. To understand the effects of an active and inactive lifestyle (active, physical, mental)	 Look at poster and discuss. Have children ever felt these benefits? Share video: What Causes Obesity? Overweight The Dr Binocs Show Peekaboo Kidz Children could research obesity and could consider it's effects on health.	-Know what an active lifestyle is -Know the benefits of an active lifestyle
Week 8	Basic First Aid	Pupils should know concepts of basic first-aid, for example dealing with common injuries H	L.O. To understand what first-aid is and know what to when dealing with common injuries (cuts and grazes) First-aid, injury	Research lesson for children – They are training to be a first aider for a football match. What will they need to know to treat cuts and grazes? Could use a concept cartoon like we use in Science.	-To know what first-aid is -To know what to do if someone cuts or grazes themselves.
Half term					

Week 1	Health protection and prevention	The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils. H	L.O. To know the facts relating to the flu vaccination. Vaccination, flu.	During the Autumn Term, children will be offered the nasal spray. Children could conduct some research to find out about the flu. They could create an information booklet to include the information they find. -Link to KS1 learning about germs.	-Know facts relating to the flu vaccination. -Be able to share information about the flu and its implications to health.
Week 2	Respectful, kind relationships	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 Link to British Value – Mutual respect and tolerance of others	L.O. To know the importance of respecting others who may be different. Respect, mutual respect, differences, equal, unique, individual.	 THE LITTLEST YAK LU FRASER KATE HINDLEY Could make a link to sport – when playing football against people on a different team, how do players show that they respect each other? Explicitly teach the protected characteristics and explain that just because people are different to us, doesn't mean we can treat them with disrespect.	-To know that we are all unique but equal. - To know that respect is mutual.

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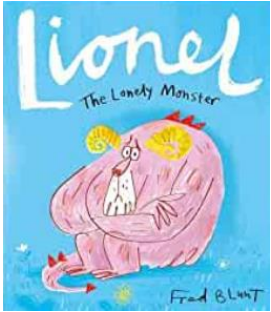
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Week 3	Caring friendships	The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties. That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened. R	L.O. To understand that healthy friendships lead to happiness and security. Friendships, positive influence, lonely, excluded.	 Children should link back to KS1 learning about making friendships and should begin to articulate how their friendships make them feel. What do they believe makes a good friend? Children should also be encouraged to understand that friendships also have ups and downs and that that is normal.	-Know that friendships should make them feel happy -To know what to do if friendships make them feel lonely or excluded.
Week 4	General wellbeing	How to recognise feelings and use varied vocabulary to talk about their own and others' feelings. Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried	L.O. To understand how to discuss my emotions. Emotions - Embarrassed, nervous, excited.		-To understand that it is normal to experience a range of emotions -Know who to talk to about my emotions

		about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). H		Share text and allow children to explore the emotions shown by Lionel. Children to explore a range of emotions that they may encounter each day. Discuss the different between synonyms (e.g. tearful/sad/heartbroken)	
Week 5	General wellbeing	The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation. H	L.O. To understand the benefits physical activity can have on my wellbeing. Wellbeing, exercise, health, mental, active lifestyle.	Teacher to make a link back to previous week – Identifying emotions and explain the benefits that exercise can have on wellbeing. 	-To know that physical activity can have a positive impact on my wellbeing. -To know some simple self-care techniques.
Week 6	Wellbeing online	The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. H	L.O. To understand the effects of time spent online Negative, digital footprint, appropriate, inappropriate.	Internet-Safety-Video-Screen-Time - OpenView Education Present the video the children and ask them to think of the effects (positive and negative) on their wellbeing.	-Know how to behave online -Know that respect should still be shown online

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Week 7	Personal achievements <i>Link to British Value – Individual liberty</i>	<i>Loving, growing succeeding together is our vision as a school.</i> <i>This week, we will celebrate all the things we have achieved together.</i>	L.O. To celebrate my achievements Perseverance, celebration, achievements.		-Recognise their own success -Celebrate own and others' achievements.
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