



A Journey in LOVE

A developmental programme for children in the primary years



Statements to live by:

1) I try to stand up for myself and others without hurting others.	4) I think before I make choices that affect my health.
2) I try to be just and fair.	5) I can work, play, rest and pray each day.

3) I can tell you how I look after myself. 6) Simple things can make us happy

PSHE

Keeping and Staying Healthy

Smoking - Understand that cigarettes contain nicotine, which is a drug, and that there are risks (physical, social and legal) related to smoking. Know and understand how smoking can affect your future health and wellbeing. How to manage pressures of smoking.

End of KS2 Expectations	Safeguarding
Drugs, Alcohol and Tobacco (H) The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	Health and First Aid

RSE

Physical & Intellectual

Identify and celebrate the ways I have changed since birth. Discuss the external and internal changes which happen to boys and girls in puberty. Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to become a mother or father. The purpose of the menstrual cycle is to prepare the female body for reproduction. Know that an important stage is Menstruation.

COMMANDO JOES:

- Empathy
- Teamwork

