

Medicines and People Who Help Us Key Stage 1

Scheme of Work

Word Box: un/healthy, un/well, ill, drug, medicine, tablet, injections, inhaler, adult, stranger, doctor, nurse, dentist, hospital

Programme of Study

Core Theme 1:
Health and Wellbeing

1. What is meant by a healthy lifestyle

8. to identify different influences on health and wellbeing

-what constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health

-that household products, including medicines, can be harmful if not used properly

-about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them

Learning Intentions and Learning Outcomes

Learning Intention

To identify how to stay healthy

Learning Outcome

To understand how to look after our bodies

Learning Intention

To explore when and how to take medicines safely

Learning Outcomes

To know how medicines get into our bodies

To know why people use medicines

To understand that some people need to take medicines all the time to stay healthy

Learning Intention

To identify who should be able to give us medicine

Learning Outcomes

To know when we should take medicines and who should give them to us.

To know the rules about medicines

Lesson Title

Lesson 1

[Staying Healthy](#)

Resources

Talking Object

[Healthy and Unhealthy signs](#)

[Staying Healthy pictures](#)

String, pegs

Lesson 2

[Medicines](#)

[Medicine Facts Teacher Guide](#)

Talking Object

[Medicine pictures](#)

[Staying Healthy pictures](#)

A1 sheet of paper and pens

Talking Ball

[Additional Activities](#)

<http://www.monkeywellbeing.com/>

Lesson 3

[Who Gives Us](#)

[Medicines?](#)

[Medicine Facts Teacher Guide](#)

Talking Object

[People Who Help Us photo cards](#)

[Finger Puppets](#)

A positive story about medicines, for example:

Little Whistles Medicine, Cynthia Rylant

All Better Now, Joy Masoff

Scheme of Work

Word Box: safe, unsafe, dangerous, liquid, symbol, hazard, alcohol, cigarettes, matches, lighter, risky

Programme of Study
Core Theme 1:
Health and Wellbeing

3. How to manage risks
to physical and emotional
health and wellbeing

4. ways of keeping
physically and emotionally
safe

that household products,
including medicines, can
be harmful if not used
properly

rules for and ways of
keeping physically and
emotionally safe
(including safety in the
environment)

Learning Intentions and Learning Outcomes

Learning Intention

To explore substances and situations that are safe or unsafe

Learning Outcomes

To know what is safe or unsafe

To know when something is too risky

Learning Intention

To be able to identify some hazardous substances

Learning Outcomes

To know that some things we put into our bodies can harm us

To know some rules about keeping safe

Learning Intention

To consider safety rules for at home and at school

Learning Outcome

To be able to follow safety instructions and rules at home and at school

Lesson Title

Lesson 1
[Risk](#)

Lesson 2
[Hazardous
Substances](#)

Lesson 3
[Safety Rules](#)

Resources

Talking Object

[Safe and Unsafe Situations cards](#)

[Risk and No Risk signs](#)

Talking Object

Selection of household items and cloth
to cover them

A large box and a selection of empty bottles

[Hazard symbols](#)

Hazards in the Home [Posters](#)

Sticky Dots / Dry Wipe Markers

Year 3

Smoking

Key Stage 2

Scheme of Work

Word Box: smoking, tobacco, cigarette, lung, cough, passive, effect, benefits, law, second hand, quitting, pressure, toxic, chemicals, addictive

Programme of Study Core Theme 1: Health and Wellbeing

1. What is meant by a healthy lifestyle
 2. how to maintain physical, mental and emotional health and wellbeing
 6. how to make informed choices about health and wellbeing and to recognise sources of help with this
 8. to identify different influences on health and wellbeing
- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,
- how to make informed choices
- what positively and negatively affects their physical, mental and emotional health

Learning Intentions and Learning Outcomes

Learning Intention
To consider smoking and its effects

Learning Outcomes
To know how smoking affects people
To consider why people smoke

Learning Intention
To understand the impact of smoking and passive smoking

Learning Outcomes
To know some of the effects of smoking on the body
To know about passive smoking

Learning Intention
To know some strategies to prevent starting smoking

Learning Outcomes
To know the rules and laws to prevent smoking
To be able to make the positive choice not to smoke

Lesson Title

Lesson 1
[Why People Smoke](#)

Lesson 2
[Physical Effects of Smoking](#)

Lesson 3
[No Smoking](#)

Resources

[Smoking Facts Teacher Guide](#)
[Traffic Light cards](#)
[Tobacco pictures](#)
[No Smoking symbol](#)
Balloon
[People Smoking pictures](#)

[Smoking Facts Teacher Guide](#)
Talking Ball
Word Storm list from Lesson 1, Activity 4
[Body Template](#)
[No Smoking symbol](#)
[True / False Quiz](#)
Additional Activities
[Recovery Timeline cards](#)

[Smoking Facts Teacher Guide](#)
[Smoking Scenarios](#)

Additional Activities
<http://gosmokefree.nhs.uk/ways-to-quit/>
<http://www.quit.org.uk/PrimaryResourcePack.pdf>
<http://ks2.smokesnojoke.org.uk/>

Year 4

Alcohol

Key Stage 2

Scheme of Work

Word Box: alcohol, drink, legal, illegal, unit, volume, media, advertising, choice, vomit, unconscious

Programme of Study

Core Theme 1:
Health and Wellbeing

1. What is meant by a healthy lifestyle

2. how to maintain physical, mental and emotional health and wellbeing

6. how to make informed choices about health and wellbeing and to recognise sources of help with this

8. to identify different influences on health and wellbeing

which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,

how to make informed choices

what positively and negatively affects their physical, mental and emotional health

Learning Intentions and Learning Outcomes

Learning Intention

To understand the effect alcohol has on the body

Learning Outcomes

To know what alcohol is and how it affects the body

To understand that everyone will be affected differently by alcohol

Lesson Title

Lesson 1

Effects of Alcohol

Resources

[Alcohol Facts Teacher Guide](#)

Talking Ball

[Drinks Photo cards](#)

[Under the Influence cards](#)

[Safer Drinking Chart](#)

[Differences: True/False quiz](#)

[Additional Activities](#)

[Daily Sensible Limits Chart](#)

Learning Intention

To understand the risks related to drinking alcohol

Learning Outcome

To know there are risks to drinking alcohol

Lesson 2

Alcohol and Risk

Flipchart

[People Drinking pictures](#)

[Drinking question sheet](#)

[Effects of Alcohol cards](#)

[Keeping Safe story](#)

Learning Intention

To consider how society limits the drinking of alcohol

Learning Outcomes

To know some laws about drinking alcohol

To consider ways of persuading people to drink alcohol sensibly

Lesson 3

Limits to Drinking Alcohol

[Alcohol Facts Teacher Guide](#)

Talking Ball

[Alcohol and the Law Quiz](#)

[Alcohol Awareness Adverts](#)

Year 5

Legal and Illegal Drugs Key Stage 2

Scheme of Work

Word Box: legal, illegal, alcohol, medicine, nicotine, caffeine, solvents, volatile substance, cannabis, stimulant, depressant, hallucinogen, stereotypes

Programme of Study Core Theme 1: Health and Wellbeing

2. how to maintain physical, mental and emotional health and wellbeing

6. how to make informed choices about health and wellbeing and to recognise sources of help with this

8. to identify different influences on health and wellbeing

- which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,

-to differentiate between the terms 'risk', 'danger' and 'hazard'

-that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media

Learning Intentions and Learning Outcomes

Learning Intention

To explore a range of legal and illegal drugs, their risks and effects

Learning Outcomes

To know about a range of legal and illegal drugs

To have some understanding of the effects and risks of illegal drugs

Learning Intention

To have considered the children's attitudes and beliefs about drug use and drug users

Learning Outcomes

To explore attitudes to drug use

To understand that all sorts of people may misuse drugs

To challenge myths about drug use

Learning Intention

To have considered strategies to resist drug use

Learning Outcomes

To know a range of skills to resist peer pressure

To develop some assertiveness skills

Lesson Title

Lesson 1

[Legal and Illegal Drugs](#)

Lesson 2

[Attitudes to Drugs](#)

Lesson 3

[Peer Pressure](#)

Resources

Blank pieces of paper
Paper for graffiti boards
[Drugs Facts Teacher Guide](#)
[Drugs Facts cards](#)
[Anonymous Questions template](#)

[Drugs Facts Teacher Guide](#)
[Strongly Agree / Strongly Disagree signs](#)
[Drugs User Images](#)

[Diamond Nine cards](#)
[Pressure Scenarios](#)
[Drugs Facts cards](#)
[Drugs Facts Teacher Guide](#)

Year 6

Preventing Early Use Key Stage 2

Scheme of Work

Word Box: cannabis, volatile substances, accident, dangerous, unconscious, breathing, choking, sniffing, inhaling, recovery, first aid, emergency

Programmes of Study

Core Theme 1:
Health and Wellbeing

2. how to maintain physical, mental and emotional health and wellbeing

6. how to make informed choices about health and wellbeing and to recognise sources of help with this

7. how to respond in an emergency

8. to identify different influences on health and wellbeing

which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety

to differentiate between the terms 'risk', 'danger' and 'hazard'

that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources, including people they know and the media

Learning Intentions and Learning Outcomes

Learning Intention

To understand the effects, risks and law relating to cannabis

Learning Outcomes

To know what effect cannabis can have on your health and life

To know the legal consequences of using cannabis

Learning Intention

To understand the risk of volatile substance abuse (VSA)

Learning Outcomes

To know the effects and risks of volatile substance abuse

To know how to get and to give help

Learning Intention

To be aware of the options for getting help, advice and support

Learning Outcomes

To have practised communicating with adults

To know how to access help and support

Lesson Title

Lesson 1
[Cannabis](#)

Lesson 2
[Volatile Substance Abuse & Getting Help](#)

Lesson 3
[Help, Advice and Support](#)

Resources

[Cannabis Facts Teacher Guide](#)
[Cannabis Facts Quiz](#)
[Peer Pressure Strategy cards](#)
[Anonymous Questions template](#)

[VSA Fact sheet](#)
[Dialling 999 script](#)
[Peer Pressure Strategy cards](#)
[Anonymous Questions template](#)

Additional Activities
[First Aid Teacher Guide](#)

[Cannabis Facts Teacher Guide](#)
[Problem Page Scenarios](#)

Additional Activities
Internet access