






Civilisations- Summer term 2024.

Civilisations Summer 1	Concepts	Big question	Vocabulary	Knowledge: By the end of Primary School, pupils should know:	In this unit pupils learn:
KS1 	Health and fitness	How can we keep our bodies healthy?	Healthy diet. Obesity. Tooth decay. Activity.	<p>What constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>The principles of planning and preparing a range of healthy meals</p> <p>The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (eg the impact of alcohol on diet or health)</p>	<p>About foods that support good health and the risks of eating too much sugar</p> <p>About how physical activity helps us to stay healthy; and ways to be physically active everyday</p> <p><i>Science link: Describe the importance for humans of exercise, eating the right amounts of different types of food and hygiene.</i></p> <p>About the elements of a balanced, healthy lifestyle About choices that support a healthy lifestyle, and recognise what might influence these</p>
Civilisations KS1 Summer 2	Concepts	Big question	Vocabulary	By the end of Primary School pupils should know:	In this unit pupils learn:


	Health and prevention.	How can we keep ourselves safe?	Sleep, sun exposure.	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	How to keep safe in the sun and protect skin from sun damage
				The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	About why sleep is important and different ways to rest and relax
				About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
				About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing	Simple hygiene routines that can stop germs from spreading
				The facts and science relating to allergies, immunisation and vaccination	That medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
				About recognising risk in simple everyday situations	About hazards (including fire risks) that may cause harm,

				and what actions to take to minimise harm.	injury or risk in the home and what they can do to reduce risks and keep safe Strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about How to predict, assess and manage risk in different situations
Civilisations LKS2 Summer 1	Concepts	Big question	Vocabulary	By the end of Primary School pupils should know:	In this unit pupils learn:
	Health and prevention.	What keeps us healthy?	Dental health. Bacteria, germs, personal hygiene. Medicines, immunisation, allergies.	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	How to maintain good oral hygiene (include correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (eg sugar consumption/ acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)
				About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the	That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene

				importance of handwashing	and how to maintain it. About the importance of taking medicines correctly and using household products safely (eg following instructions carefully)
				The facts and science relating to allergies, immunisation and vaccination	How medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed
Civilisations LKS2 Summer 2	Concepts	Big question	Vocabulary	By the end of Primary School pupils should know:	In this unit pupils learn:
	Respectful relationships	Should we always stand up for what we believe?	Self respect. Individuality. Setbacks.	The importance of self-respect and how this links to their own happiness	<p>To recognise their individuality and personal qualities To identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.</p> <p>About how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves.</p>
				That in school and in wider	That everyone, including

				society they should expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	<p>themselves, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships</p> <p>What to do if they are not treated respectfully.</p>
Civilisations UKS2 Summer 1	Concepts	Big question	Vocabulary	By the end of Primary School pupils should know:	In this unit pupils learn:
	Online relationships	Why do people behave differently online?	Online. Content.	<p>That the same principles apply to online relationships as to face to face relationships, including the importance of respect for others online, including when we are anonymous</p>	<p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p> <p>What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping</p>

					<p>trying until they are heard.</p> <p>How information and data is used and shared online.</p> <p>Basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them.</p> <p>About some of the different ways information and data is shared online, including for commercial purposes.</p> <p>About how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information.</p>
Civilisations UKS2 Summer 2	Concepts	Big question	Vocabulary	By the end of Primary School pupils should know:	In this unit pupils learn:

	Mental wellbeing.	Are grief and loneliness negative emotions?	Grief, loneliness, bereavement , change.	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	About change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement
				Isolation and loneliness can affect children and that it is very important to discuss their feelings with an adult and seek support	<p>Problem solving strategies for dealing with emotions, challenges and change, including the transition to new schools.</p> <p>The importance of seeking support if feeling lonely or excluded</p>