



Healthy School



The National Healthy Schools Programme aims to help children, young people and their schools to be healthy.

Healthier children do better in learning and in life. By enabling children and young people to make positive changes to their behaviour regarding health and wellbeing, schools can help them reach their full potential in terms of achievement and fulfillment. Healthy Schools involves the whole school community – children, parents, governors and school staff.

Focussing on a whole-school approach to physical and emotional well-being, the programme has four main themes:

- Personal, Social and Health Education
- Healthy Eating
- Physical Activity
- Emotional Health and Well-being.

The DfE has stated as part of its National Curriculum guidance that '*All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.*' In the absence of a new programme of study from the DfE, the [PSHE Association](http://www.pshe.org.uk) has produced a revised programme of study.

This programme of study is based on three core themes:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World.

We have set out in the tables below the Go-Givers lessons that relate to these themes, which in turn cover the 1st and 4th Healthy Schools themes. At this time we do not provide for the themes: Healthy Eating and Physical Activity.

PSHE KS1

Core Theme One: Health and Well Being

Managing risk and keeping safe	Managing change	Informed choices	Responding in an emergency	Influences
Medicines and Drugs: Get Better Soon Who's Afraid	My Mum Doesn't Live Here Anymore	Rules: You can't do that here Essential, Desirable, Non-Essential	Good Neighbours	

Core Theme 2: Relationships

Developing relationships	Managing emotions	Bullying and abuse	Asking for help	Equality and diversity
More than one friend Animals that Help Each Other Family Relationships: It's a dog's life The Two Brothers Meet the Go-Givers Caring for Pets	Managing Anger: Please help Mitali Managing Anger: Mitali Loses his cool Tongue: The Power of Words Fear of Failure: I'm No Good At That! Resilience: Bouncing Back	Bullying: I won't be made to feel bad Name Calling: Sticks and stones	The Selfish Little Red Hen	Refugees: The stranger Disability: Stairs Diversity in Britain: Save our Jack Golden Girl: Jessica Ennis-Hill Pete's Parathletics All Sorts of Families

Core Theme 3: Living in the wider world – Economic wellbeing and being a responsible citizen

Self respect and responsible behaviours	Rights and responsibilities	Groups and communities	Respecting equality. Being a member of a diverse community	Respect for the environment	Money and enterprise
All about me Be a goodwill ambassador The clown of God The Golden Statue Recipe Anna’s Monster Lies	Our Rules Taking Responsibility The selfish little red hen Caring for Pets Vote for the Go-Givers	Diversity in Britain: Save our Jack Exploring our community Caring for our Community	Africa Rio meets Callum Go-Givers Bear Hunt	Pollution: Expedition to Planet Blueball Saving energy Litter: The picnic Plastic Pollution	Christmas with the Go-Givers The golden statue Generosity: To give is to receive Essential, Desirable, Non-Essential

PSHE KS2

Core Theme One: Health and Well Being

Managing risk and keeping safe	Managing change	Informed choices	Responding in an emergency	Influences
<p>Understanding Cancer</p> <p>Prevention is Better Than Cure</p> <p>The Gift of Sight</p> <p>Keeping Safe in Cyberspace</p> <p>Microorganisms</p> <p>Should Adults be Allowed to Smack Children?</p> <p>Developing Personal Filters</p> <p>Internet Deceivers</p> <p>Riots of Summer 2011</p> <p>Knife Crime: Shielding From Harm</p>	<p>Hygiene during Puberty</p> <p>Bereavement: Treasured Memories</p> <p>Year 6 Transition</p> <p>Family break up: My Mum Doesn't Live Here Any More</p>	<p>Discussion scenarios: Dizzy dilemmas</p> <p>The Golden Rule: Multi-Faith Values</p> <p>Tricky Topics</p> <p>Conscience Corridor</p> <p>Democracy</p> <p>Topics for discussion: Mind Maze</p> <p>Going for Goals: Mo Farah</p> <p>Making Decisions (Children's Toolkit)</p> <p>Gifts and opportunities</p>	<p>Trapped in the mine</p> <p>Emergency</p> <p>Quake</p>	<p>Photo Captions</p> <p>Where do you Stand?</p> <p>Peer Pressure: It's your choice</p> <p>Using Statistics to Understand our World</p> <p>Children's Needs: Roots and Wings</p> <p>Fake News</p>

PSHE KS2

Core Theme 2: Relationships

Developing relationships	Managing emotions	Bullying and abuse	Asking for help	Equality and diversity
<p>Strong Societies</p> <p>Valentine's Day</p>	<p>Mediation: Resolving conflict</p> <p>Stressed Out</p> <p>Jealousy: The green-eyed monster</p> <p>The Power of Laughter</p> <p>Your Amazing Brain: Becoming a Resilient Learner</p> <p>Turning Problems Around</p>	<p>Bullying: Prepare to stand up and stand out</p> <p>Scapegoat</p> <p>Care for the Elderly: The grey years</p> <p>Homophobia: Respecting All Our Differences</p> <p>Hillsborough: The Big Lie</p>	<p>The Benefits System</p>	<p>Stephen Lawrence: The Long Search for Justice</p> <p>Nelson Mandela</p> <p>Mary Seacole & Florence Nightingale: Pioneering Nurses</p> <p>Freedom</p> <p>Martin Luther King: Sacrificing All for the Dream</p> <p>Gandhi: Great Soul</p> <p>The Immigration Debate</p> <p>Righting Wrongs: Discrimination Against Gay People</p>

PSHE KS2

Core Theme 3: Living in the wider world – Economic wellbeing and being a responsible citizen

Self respect and responsible behaviours	Rights and responsibilities	Groups and communities	Respecting equality. Being a member of a diverse community	Respect for the environment	Money and enterprise
<p>Gifts and Opportunities</p> <p>Valentine's Day</p> <p>When is enough enough?</p> <p>Riots of summer 2011</p> <p>Clear thinking: Proverbs and more</p>	<p>Children's Needs: Roots & Wings</p> <p>There's No Place Like Home</p> <p>Rights & Responsibilities: Getting the Balance Right</p> <p>Go-Givers philosophy: Go-Givers Anthem</p> <p>Rights & Responsibilities: Freedom</p> <p>Democracy</p> <p>Ballot Box activity</p> <p>Animal Care: Creature Kindness</p>	<p>Belonging to Groups</p> <p>Diversity: Identities</p> <p>Culture: The Roma</p> <p>Invaders and Settlers: Coming to Britain</p> <p>Working for Peace</p> <p>Sharing Ideas: Network</p> <p>Charitable giving through history</p> <p>Mali</p>	<p>Homophobia: Respecting All Our Differences</p> <p>Equal Opportunities</p> <p>Global Quiz</p> <p>Rio meets Callum</p> <p>The Right to Education</p> <p>Our Interconnected World</p> <p>Stephen Lawrence: The long search for justice</p>	<p>Oil Disaster in the Gulf of Mexico</p> <p>Pollution: Cleaning Up Our Air</p> <p>Sustainable Development</p> <p>What Kind of Farming?</p> <p>Water: Our Most Precious Resource</p> <p>Climate and Farming</p> <p>The Earth in Our Hands</p> <p>The Food Shortage</p>	<p>Child slavery: All for Profit</p> <p>Inspiring Stories: Young Fundraisers and Campaigners</p> <p>The GAP Exposed: Child Labour</p> <p>Why Do We Pay Taxes?</p> <p>Hard Times</p> <p>Fairtrade: Have a Banana</p>