

### 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](#)

Lesson 2  
[Medicines](#)

Lesson 3  
[Who Gives Us Medicines?](#)

#### Resources

Talking Object  
[Healthy and Unhealthy signs](#)  
[Staying Healthy pictures](#)  
String, pegs

[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/>

[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  
Harry and the Robots, Ian Whybrow