

# Year 1/2 - Health and Wellbeing

## What can help us grow and stay healthy?

### Lessons

1. Can I make healthy choices about sleep and exercise?
2. Can I make healthy choices about food and drink?
3. Can I explore dental health?
4. Can I explain how to play in healthy ways?
5. Can I identify the benefits of sunshine?
6. Can I show what helps us grow and stay healthy?

### Progression of Knowledge

- H1. about what keeping healthy means; different ways to keep healthy
- H2. about foods that support good health and the risks of eating too much sugar
- H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday
- H4. about why sleep is important and different ways to rest and relax
- H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
- H8. how to keep safe in the sun and protect skin from sun damage
- H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV
- H34. 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
- H10. about the people who help us to stay physically healthy

### Vocabulary

Healthy, unhealthy, risks, physical activity, rest, relax, sleep, dental care, skin, protection, damage, break, screen time, online safety, private, trust, benefit

# Year 3/4 - Health and Wellbeing

## What keeps us safe?

### Lessons

1. Can I explain how I can be responsible and stay healthy?
2. Can I identify a risky situation and act responsibly?
3. Can I know how to respond to something that makes me feel uncomfortable?
4. Can I explain how to stay safe when out and about?
5. Can I recognise how substances affect the human body?
6. Can I demonstrate what keeps us safe?

### Progression of Knowledge

- R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary
- R25. about seeking and giving permission (consent) in different situations
- H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed
- H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming
- H38. how to predict, assess and manage risk in different situations
- H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do reduce risks and keep safe
- H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)
- H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others
- H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping
  - H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns
- H43. about what is meant by first aid; basic techniques for dealing with common injuries
- H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say

### Vocabulary

Friendship, offline, online, seek, permission, consent, safe, unsafe, comfortable, uncomfortable, medicines, vaccinations, immunisations, hygiene, regulations, restrictions, safety, wellbeing, predict, assess, manage, risk, household products, laws, legal, illegal, organisations, help, concerns, first aid, techniques, injuries, bites and stings, life support, emergency services, 999, substances, situations

# Year 5/6 - Health and Wellbeing

## How can we help in an accident or emergency?

### Lessons

1. Can I complete basic first aid for burns and scalds?
2. Can I complete basic first aid for cuts and bleeding?
3. Can I complete basic first aid for choking?
4. Can I complete basic first aid for asthma or allergies?
5. Can I complete basic first aid for head injuries?
6. Can I demonstrate how I can help in an accident or emergency?

### Progression of Knowledge

- H38. how to predict, assess and manage risk in different situations
- H41. 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
- H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say
- H43. about what is meant by first aid; basic techniques for dealing with common injuries

### Vocabulary

Predict, manage, assess, risk, hazard, danger, situations, manage, strategies, safe, environment, safe, unsafe, local, familiar, unfamiliar, places, locations, respond, react, emergency, emergency services, 999, first aid, injuries, burns and scalds, cuts, bleeding, choking, head injuries, allergies, asthma