

# Year 1/2 – Health and Wellbeing

## How can we keep safe?

### Lessons

1. Can I know how to stay safe and who can help me?
2. Can I recognise how to stay safe at home?
3. Can I recognise how to stay safe when out and about?
4. Can I explain how to keep safe in different situations?
5. Can I identify information that is safe or unsafe to share?
6. Can I demonstrate how to keep safe?

### Progression of Knowledge

- R15. How to respond safely to adults they don't know
- H33. about the people whose job it is to help keep us safe
- H29. to recognise risk in simple everyday situations and what action to take to minimise harm
- H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters)
- H31. that household products (including medicines) can be harmful if not used correctly
- H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely
- R20. 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 trying until they are heard

### Vocabulary

Safe, unsafe, risk, danger, harm, jobs, fire safety, electric, medicines, cleaning products, familiar, unfamiliar, worried, help, situations, share

# Year 3/4 - Health and Wellbeing

## Why should we keep active and stay healthy?

### Lessons

1. Can I recognise the impact of a healthy diet?
2. Can I recognise the impact of physical activity?
3. Can I identify ways to stay active regularly?
4. Can I understand how medicines can affect health?
5. Can I explain why I should keep active and stay healthy?

### Progression of Knowledge

- H1. how to make informed decisions about health
- H2. about the elements of a balanced, healthy lifestyle
- H3. about choices that support a healthy lifestyle, and recognise what might influence these
- H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle
- H5. about what good physical health means; how to recognise early signs of physical illness
- H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.
- H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle
- H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

### Vocabulary

Health, informed, decisions, balanced, lifestyle, choice, influences, habits, positive, negative, physical health, mental health, diet, meals, nutrition, obesity, decay, regular, active, inactive, support, help, worry

# Year 5/6 - Health and Wellbeing

## How can we keep healthy as we grow?

### Lessons

1. Can I know that I have control of my body?
2. Can I understand the impact of a healthy, balanced lifestyle?
3. Can I explain how to take care of my body?
4. Can I understand what a positive body image is?
5. Can I make informed choices to look after my physical and mental health?
6. Can I demonstrate how I can keep healthy as I grow?

### Progression of Knowledge

- R30. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, 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
- H1. how to make informed decisions about health
- H2. about the elements of a balanced, healthy lifestyle
- H3. about choices that support a healthy lifestyle, and recognise what might influence these
- H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle
- H5. about what good physical health means; how to recognise early signs of physical illness
- H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle
- H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn
- H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it
- H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk.

### Vocabulary

Self-respect, thoughts, feelings, politeness, respect, online, anonymous, society, community, courteous, informed, decisions, balanced, healthy, lifestyle, influences, habits, positive, negative, illness, benefits, exercise, active, inactive, ability, inability, hygiene, routines, maintain, personal, FGM, online, offline