

Year 1

Term	Autumn		
Core Theme	Health and Wellbeing		
	<u>Keeping Safe</u>	<u>Growing and Changing</u>	<u>Heathy Lifestyles</u>
Objectives	<p>To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community,</p> <p>To know how to keep safe around household products.</p> <p>To be aware of road safety.</p> <p>To recognise that you share a responsibility for keeping yourself and others safe, when to say, 'yes', 'no', 'I'll ask' and 'I'll tell'.</p>	<p>To recognising what you are good at. To explore feelings of success and set new goals.</p> <p>To understand some of the changes that have happened to you since you were a baby.</p> <p>To understand how it feels when there is change or loss.</p>	<p>To understand what helps to keep our bodies healthy.</p> <p>To know how to keep yourself clean and healthy and to understand that germs and disease can cause illness.</p>

Year 2

Term	Autumn THIS GROWING AND CHANGING OBJECTIVE WILL NOT BE TAUGHT UNTIL PARENTS HAVE BEEN NOTIFIED. This will be towards the end of the Autumn term		
Core Themes	Health and Wellbeing		
Objectives	<p><u>Keeping Safe</u></p> <p>To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community,</p> <p>To understand how medicines work in your body and how to use them safely.</p> <p>To learn rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment.</p>	<p><u>Growing and Changing</u></p> <p>To think of a realistic goal and think about how to achieve it.</p> <p>To identify some of the body parts that make boys different to girls and use the correct names for these.</p> <p>To learn about the process of growing from young to old and how people's needs change.</p> <p>To learn about the new opportunities and responsibilities that increasing independence may bring</p>	<p><u>Healthy Lifestyles</u></p> <p>To understand how to make real, informed choices that will improve your physical and emotional health, and to recognise that choices can have good and not so good consequences.</p> <p>To understand which food choices are healthy for us.</p>

Year 3

Term

Autumn

Core Themes

Health and Wellbeing

Keeping Safe

Growing and Changing

Healthy Lifestyles

Year 3

To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community,

To understand school rules about health and safety, basic emergency aid procedures, where and how to get help

To recognise people who help you to stay healthy and safe

To be able to identify things, people and places that you need to stay safe from.

To know how to get help in an emergency.

To recognise your self-worth and identify positive things about yourself and your achievements.

To set yourself targets for the future.

To describe your feelings; understand conflicting feelings (those that are good and those that are not so good) and know how to manage feelings

To explain what makes a balanced diet and have the knowledge to make your own choices about food

To understand what might influence your choices and the benefits of eating a balanced diet

To understand how exercise affects your body and to know why your heart and lungs are such important organs.

To learn what is meant by the term 'habit' and why habits can be hard to change

Year 4

Term

Autumn

Core Themes

Health and Wellbeing

Keeping Safe

Growing and Changing

Healthy Lifestyles

Year 4

To know how to ask for help if you are worried about something. To know who can help to keep you safe in our school community or locally and how to seek help if you are concerned about a request to share information online.

To develop strategies for keeping physically and emotionally safe in the local environment.

To understand who is in your community, the roles they play and how you fit in.

To recognise what you are good at. To understand that sometimes hopes and dreams do not come true and that this can hurt.

To know that reflecting on happy and positive experiences can help you to counteract disappointment.

To know how to make a new plan and set new goals, even if you have been disappointed.

To understand how to deal with changes in life and to manage the feelings that are associated with change.

To identify changes that have been, and may be, out of your control and learn to accept this.

To identify the drugs that are common in everyday life.

To understand the facts about smoking and drinking alcohol and the effects they have on our health.

To understand that bacteria and viruses can affect health and that following simple routines can reduce their spread.

Year 5

Term

Autumn

PUBERTY OBJECTIVES ARE TAUGHT IN THE SUMMER TERM, AFTER CONSULTATION WITH PARENTS

Core Theme

Health and Wellbeing

Keeping Safe

Growing and Changing

Healthy Lifestyle

Year 5

To develop strategies for getting support for yourself or for others at risk.

To know how to use a range of basic first aid procedures and how to get help in a range of emergency situations.

To develop strategies for keeping safe online and to know how to spot and deal with suspicious content.

To learn the different ways of achieving and celebrating personal goals

To understand that having high aspirations can support personal achievements

To learn how to manage conflicting or complex emotions.

To be aware of your own self-image and how your body fits into that.

To identify what you are looking forward to with becoming a teenager and understand that this brings growing responsibilities

To learn about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement.

To understand how your body will change as you approach and move through puberty.

To describe the different role that food plays in people's lives and explain how people can develop eating problems (disorders) relating to body image pressures

To understand what makes a balanced lifestyle and to know which choices to make for good health - both physical and mental.

Year 6

Term

Autumn - PUBERTY AND SEX EDUCATION OBJECTIVES ARE TAUGHT IN THE SUMMER TERM, AFTER CONSULTATION WITH PARENTS

Core
Theme

Health and Wellbeing

Keeping Safe

Growing and Changing

Healthy Lifestyles

Year 6

To know that pressure to behave in a particular way can come from a variety of sources, including people that you know and the media

To know why some people join gangs and the risks that this involves

To know that you have a right to protect your body from unwanted physical contact

To understand that actions such as FGM constitute abuse and are a crime

To develop techniques to resist pressure

To reflect on and celebrate your achievements, identify your strengths and set high aspirations and goals

To understand the roles and responsibilities of parents.

To understand the importance of looking after yourself physically and emotionally as your body changes.

To understand how your body changes through puberty (recap of year 5)

To understand how a baby is made.

To identify what you are looking forward to and what worries you as you make the transition to high school.

To understand how the media, social media and celebrity culture promote certain body types

To know about the different types of drugs and their uses and their effects on the body, particularly the liver and heart.

To recognise stress and the triggers that cause it.

EYFS			
Term	Autumn		
Core Theme	Health and Wellbeing		
Topics	EYFS areas of learning that link to Health and Wellbeing: Health and Self Care Understanding the World: The World Self Confidence and Self Awareness		
	Nursery Who lives in my house? What do I celebrate? Reception What do I know about me? What do I celebrate?		
	<u>Keeping Safe</u>	<u>Growing and Changing</u>	<u>Healthy Lifestyles</u>
Reception	To know what a stranger is and to know how to stay safe if a stranger approaches you. To know how to access the computer safely.	To be able to name parts of the body. To understand that we all grow from babies to adults. To discuss a time when you didn't give up until you achieved your goal. To set a goal and work towards it. To share your memories from reception. To discuss how you feel about moving into year 1.	To know which foods are healthy and which are not so healthy. To make healthy eating choices. To understand that you need to exercise to keep your body healthy. To know how to help yourself go to sleep and to know why sleep is good for you.

			To understand the importance of washing your hands thoroughly at different times of the day.
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