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| **Health and Wellbeing** | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6** | **Week 7** |
| Reception | **My Identity and Skills**  • About where they live and belong and what they can do  *Children should:*  *- Be aware of themselves and their skills*  *- Feel good about themselves* | **Self-Awareness**  • About feelings and goals  *Children should:*  *- Be able to set a target for themselves* | **Healthy Eating**  **Health Education**  • What constitutes a healthy diet  *Children should:*  *-Be able to describe some food in a healthy diet.* | **Physical health and fitness**  **Health Education**  • The physical benefits of an active lifestyle | Mental Health Day Activities | **Physical health and fitness**  **Health Education**  • The importance of building regular exercise into daily and weekly routines  *Children should:*  *-Take part in different physical activities and talk about their benefits.* | Lifting Limits Lesson |
| Online Safety Autumn 1 and 2 lesson objective  Where and how to report concerns and get support with issues online  Children should:  -Be able to identify a person to speak to about issues online. | | | | | | |
| Yr1 | **Feelings**  • How to tell how people are feeling  *Children should:*  *- Be able to show some self-awareness* | **Keeping Well and Clean**  **Healthy and Safe**  **Health Education**  • How some diseases are spread and can be controlled and about the responsibilities they have for their own health and that of others  • The importance of sufficient good quality sleep for good health.  *Children should:*  *-Know how much sleep they need and some good sleeping habits.* | **Keeping Well and Clean**  **Healthy and Safe**  **Health Education**  • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.  • About personal hygiene and germs and the importance of handwashing  *Children should:*  *- Know how to keep themselves clean and how to brush their teeth effectively* | **Drug Education (DATe resource planning folder) resource planning folder)**  **Healthy and Safe**  • That household products, including medicines, can be harmful if not used properly [Working scientifically]  • About feeling worried  *Children should:*  *- Know how to protect themselves* | Mental Health Day Activities | **Healthy Eating**  **Health Education**  • What constitutes a healthy diet  • The principles of planning and preparing a range of healthy meals  *Children should:*  *-Be able to give examples of healthy food and drink choices.*  *-Plan and prepare healthy snacks/food at school.* | Lifting Limits Lesson |
| Online Safety Autumn 1 and 2 lesson objective  That for the most people the internet is an integral part of life and has many benefits | | | | | | |
| Yr2 | **Healthy Eating and Keeping Fit**  **Healthy and Safe**  **Health Education**  • About what food is healthy and that too much or too little food can be unhealthy  • Learn about exercise and what makes places healthy  *Children should:*  *- Use their learning to plan a healthy lunchbox* | **Healthy Eating and Keeping Fit**  **Healthy and Safe**  **Health Education**  • Begin to learn how to make real, informed choices that improve their physical and emotional health  *Children should:*  *- Plan and carry out a programme of exercise PE/Sport* | **About My Body (CWP planning resources L3)**  • More about parts of the body and how the body works  • About the physical similarities and differences between biological males and females  *Children should:*  *- Be able to name the main parts of the body (including external genitalia)*  *- Be able to show understanding of key bodily functions* | **Growing and Changing**  • More about what happens as things grow [biology]  *Children should:*  *- Be able to describe some elements of the growth cycle [biology]* | Mental Health Day Activities | **Healthy People**  **Healthy and Safe**  **Health Education**  • About what healthy people do. This should include learning about the benefits of rest and exercise.  *Children should:*  *- Be able to describe the components of a healthy day*  *-Be able to recognise what they like and dislike, and recognise that choices can have good and not so good consequences*  *- Research, discuss and debate topical issues, problems and events concerning health and wellbeing and offer their recommendation* | Lifting Limits Lesson |
| Online Safety Autumn 1 and 2 lesson objective  That for most people the internet is an integral part of life and has many benefits | | | | | | |
| Yr3 | **Emotions and Feelings**  **Health Education**  • How to deal with feelings, how to cope with pressure  • What positively and negatively affects their physical, mental and emotional health (including the media)  *Children should:*  *- Know who they can talk to if they are beginning to feel pressured* | **Feeling Sad and Making Choices**  • That people’s bodies and feelings can be hurt (including what makes them feel comfortable and uncomfortable)    *Children should:*  *- Be able to judge what kind of physical contact is acceptable, comfortable, unacceptable and uncomfortable and how to respond (including who to tell and how to tell them)* | **Feeling Sad and Making Choices**  • About critical thinking and decision making  *Children should:*  *- Be able to write about feelings* | **Mental Wellbeing**  **Health Education**  • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate  • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.  *Children should:*  *-Describe how they are feeling along with their behaviour and actions* | Mental Health Day Activities | **Looking After Others**  • About the UN Convention on the Rights of the Child  *Children should:*  *- Be able to talk about feelings*  *- Recognise and respond appropriately to a wider range of feelings in others*  *- Have looked after a toy pet, and recorded this* | Lifting Limits Lesson |
| Online Safety Autumn 1 and 2 lesson objective  About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others mental and physical wellbeing. | | | | | | |
| Yr4 | **Healthy Eating**  **Healthy and Safe**  **Health Education**  • About what food is healthy and why  • To recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet  • The principles of planning and preparing a range of healthy meal.  • The characteristics of a poor diet and risks associated with unhealthy eating (including obesity and tooth decay) and other behaviours (the impact of alcohol on diet and health)  *Children should:*  *- Be able to design a series of healthy menus and compare these with each other and the food offered in school*  *- Understand how they will begin to change* | **Drug, Alcohol and Tobacco Education ((DATE RESOURCE PLANNING FOLDER))**  **Healthy and Safe**  • About the effects of alcohol and how to make safe decisions  *Children should:*  *- Describe some effects of alcohol and how to be safe.* | **Strong Feelings**  • About strong feelings and mood swings  Children should:  - Be able to express these feelings in writing  -Discuss and use emotion strips  -Discuss how we can help and support someone in this situation | **Mental Wellbeing**  **Health Education**  • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.  *Children should:*  *-Research community-based projects that support and promote mental wellbeing.* | Mental Health Day Activities | **Physical health and fitness**  **Health Education**  • The characteristics and mental and physical benefits of and active lifestyle  • The risks associated with an inactive lifestyle (including obesity)  *Children should:*  *-Describe the characteristics of an active and inactive lifestyle.*  *-Create a week plan to ensure they are achieving and active lifestyle.* | Lifting Limits Lesson |
| Online Safety Autumn 1 and 2 lesson objective  Why social media, some computer games and online gaming are age restricted. | | | | | | |
| Yr5 | **Decision Making**  **Healthy and safe**  • How to make informed choices (including recognising that choices can have positive, neutral and negative consequences)  *Children should:*  *- Be able to describe the effects of smoking and how to make safe decisions*  *- Begin to understand the concept of a ‘balanced lifestyle’* | **Basic first aid**  **Health Education**  • How to make a clear and efficient call to emergency services if necessary    *Children should:*  *-Role play making a call to emergency services, including knowing key personal information to share.*  *-Observe or take part in basic first aid procedures.* | **Basic first aid**  **Health Education**  • Concepts of basic first aid, including common injuries and head injuries including: headaches, head injuries, sprains, broken bones, asthma and eye injuries.  *Children should:*  *-Observe or take part in basic first aid procedures.* | **Physical health and fitness**  **Health Education**  • The risks associated with an inactive lifestyle (including obesity)  • How and when to seek support including which adults to speak to in school if they are worried about their health.  *Children should:*  *-Know who they can speak to about their health and which organisations they can contact for support.* | Mental Health Day Activities |  | Lifting Limits Lesson |
| Online Safety Autumn 1 and 2 lesson objective  About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing. | | | | | | |
| Yr6 | **Strong Emotions**  • What is an appropriate and inappropriate emotional response  *Children should:*  *- Recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them*  *- Be able to express what it means to be in command of themselves and others* | **Self Confidence – valuing yourself and others**  **Relationships Education**  • About taking on more personal responsibility  *Children should:*  *- Be able to demonstrate how their actions affect others*  *- Consider their responses to scenarios such hearing Homophobic, Biphobic and Transphobic (HBT) language, making choices and considering consequences around knife carrying and friendship/acquaintance choices.* | **Health and Prevention**  **Health Education**  • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.  *Children should:*  *-Describe ways in which they can look after their health.* | **Health and Prevention**  **Health Education**  • The importance of sufficient good quality sleep for good health and that a lack of sleep can affect, weight, mood and ability to learn | Mental Health Day Activities | **Health and Prevention**  **Health Education**  • About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance handwashing.  • The facts and science relating to allergies, immunization and vaccination.  *Children should:*  *-Look at case studies/example scenarios and discuss preventative messages that could support their health.* | Lifting Limits Lesson |
| Online Safety Autumn 1 and 2 lesson objective  Why social media, some computer games and online gaming are age restricted | | | | | | |