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| Health and Wellbeing  | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** | **Week 6**  |
| Reception | **Developing Skills**• About how they are improving *Children should:* *-be able to talk about growing*  | **Keeping Well and Clean****Healthy and Safe** **Health Education**• About basic hygiene and germs *Children should:**- Know how to keep themselves clean*  | Anti- Bullying Week Children in Need – Together we can change young lives  | **Keeping Well and Clean** **Healthy and Safe** **Health Education**• About dental health and the benefits of good oral hygiene*Children should:**-Know how to brush their teeth and why is important.* | **Basic First Aid** **Health Education** Children will learn: • how to make a clear and efficient call to emergency services. *Children should:* *- Role play making a phone call to the emergency services.* | Lifting Limits Lesson |
| Yr1 | **Parts of the Body (CWP planning resources L2)****Healthy and Safe** • About their bodies and how they work *Children should:* *-Identify, name, draw and label the basic parts of the human body*  | **Mums and Babies – How we grow****(CWP planning resources L2)** • About babies and birth and about the process of growing from young to old [biology] • That babies need care and attention (love) in order to calm them if they are upset • How people’s needs change & responsibilities that increasing independence may bring*Children should:* *- Bring in photos of themselves/ their parents/carers at different stages from birth till now* *- Plan a visit by a Mum and formulate questions*  | Anti- Bullying Week Children in Need – Together we can change young lives | **Physical and health and fitness** **Health Education** • The characteristics-mental and physical benefits of an active lifestyle. *Children should:* *-Take part in different physical activities and talk about their benefits.*  | **Physical and health and fitness** **Health Education**• The risks associated with an inactive lifestyle• How and when to seek support including which adults to speak to in school if they are worried about their health. *Children should:* *-Know how to maintain and active, healthy lifestyle.**-Know which adults they can speak to about their health.* | Lifting Limits Lesson |
| Yr2 | **Drug Education (DATe resource planning folder)**• That household products, including medicines, can be harmful if not used properly  • Rules for and ways of keeping physically & emotionally safe *Children should:* *-Know how to protect themselves* *-Describe ways to be physically and emotionally safe.* | **Health and Prevention****Health Education** • About personal hygiene and germs, how they are spread and treated and the importance of handwashing. *Children should:* *-Describe the importance of handwashing**. -Know how to wash their hands effectively.* | Anti- Bullying Week Children in Need – Together we can change young lives | **Basic First Aid** **Health Education** • How to make a clear and efficient call to emergency services if necessary • Concepts of basic first aid. including: wasp & bee stings, cuts & grazes, vomiting and nosebleeds. *Children should:* *-Know key information to relay to the emergency services when making a phone call.* *-Role play basic first aid.*  | **Physical Health and Fitness** **Health Education**• The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this. • The risks associated with an inactive lifestyle *Children should:* *-Take part in different physical activities and talk about their benefits**. -Know which adults they can speak to about their health.* *-Know how to maintain and active, healthy lifestyle.* | Lifting Limits Lesson |
| Yr3 | **Keeping Safe** **Health Education** • About risks they may face • That bacteria and viruses can affect health and that following simple routines can reduce the spread of harmful bacteria • About personal hygiene and germs including bacteria and viruses, how they are spread and treated and the importance of handwashing. *Children should:* *- Be able to describe what risk is and how this may affect decisions* *-Describe how some viruses and bacteria spread.* *-Know how to wash their hands effectively and other routines for keeping safe*. | **Drug Education (DATe resource planning folder)** **Healthy and Safe**• About the impact of smoking and passive smoking and laws to prevent smoking  • School rules about health and safety, basic emergency aid procedures, where and how to get help *Children should:* *- Be able to ask for help or assistance*  | Anti- Bullying Week Children in Need – Together we can change young lives | **Accidents and Prevention** **Healthy and safe**• About outdoor places and how to behave responsibly *Children should:* *- Produce a display on outdoor risks*  | **Physical health and fitness****Health Education**• The importance of building regular exercise into daily and weekly routines and how to achieve this. *Children should:* *-Take part in a variety of different exercises at school.**-Plan a class workout and participate in it.* | Lifting Limits Lesson |
| Yr4 | **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 • Concepts of basic first aid, including common injuries and head injuries including: headaches, head injuries, sprains, broken bones, asthma and eye injuries. *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.* | Anti- Bullying Week Children in Need – Together we can change young lives | **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. *Children should:* *-Create an information leaflet about sleep and how to have a good sleep routine.* | **Health and Prevention****Health Education**• About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. *Children should:**-Know key features of good oral hygiene.* | Lifting Limits Lesson |
| Yr5 | **Drugs, Alcohol and Tobacco Education (DATe resource planning folder)****Healthy and Safe**• Which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, that some are legal, some are restricted and some are illegal to own, use and supply to others *Children should:**- Be able to describe the short and long term effects of alcohol, discuss their views about drugs and make safe decisions about drug-related situations* | **Drugs, Alcohol and Tobacco Education (DATe resource planning folder)****Healthy and Safe**• About alcohol, attitudes to drugs and making safe decisions in situations involving drugs*Children should:**- Be able to describe the short and long term effects of alcohol, discuss their views about drugs and make safe decisions about drug-related situations*  | Anti- Bullying Week Children in Need – Together we can change young lives | **Health and Prevention****Health Education**• About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. *Children should:* *-Know who to speak to when experiencing changes to the body.* | **Health and Prevention****Health Education**• About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. *Children should:* *-Create a poster about safe and unsafe exposure to the sun.* | Lifting Limits Lesson |
| Yr6 | **Drugs, Alcohol and Tobacco Education (DATe resource planning folder)****Healthy and Safe**• Effects and risks of drugs and the consequences of use Children should: - Be able to describe effects and risks, understand consequences of drug use and know where to go for help  | **Healthy Eating****Health Education**• What constitutes a healthy diet (including understanding calories and other nutritional content) • The principles of planning and preparing a range of healthy meals Children should: -Create a resource for another year group about Healthy Eating.  | Anti- Bullying Week Children in Need – Together we can change young lives |  **Healthy Eating****Health Education**• The characteristics of a poor diet and the risks associated with unhealthy eating (including obesity and tooth decay) and other behaviours (the impact of alcohol/drugs on diet or health) • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this. Children should: -Plan and deliver an exercise circuit | **Basic first aid****Health Education**  • How to make a clear and efficient call to emergency services if necessary • Concepts of basic first aid, including common injuries and head injuries including: burns & scalds, allergies, choking, bleeding and falling unconscious. 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. | Lifting Limits Lesson |