

Health and wellbeing		
Autumn 1	Knowledge - To know about nutrition and the benefits of and barriers to making healthier food choices. - To know how to make independent, healthier choices about food - To know about dental health, including the importance of oral hygiene and how to access NHS services - To know how to take care of my dental health and where to seek help if needed - To know about being active and staying healthy. - To know how to stay active and healthy in my own life. - To know about healthier sleep habits - To know how to use a range of strategies to try to ensure healthier sleep patterns in our own lives - To know about how people might feel about climate change and how connecting with nature, and other strategies, can support wellbeing. - To know how to use strategies that can help me manage challenging feelings about climate change. - To know about what the HPV vaccine is and identify and challenge misconceptions regarding the vaccination. - To know how to use this information to be prepared for what will happen the day of the vaccination.	Key vocabulary Processed food Nutrition Climate change Oral hygiene HPV Human Papillomavirus



Managing personal safety		
Autumn 2	Knowledge • To know about safety and personal responsibility around fireworks and bonfires. • To know how to manage my personal safety in relation to fireworks and bonfires • To know about the personal responsibilities young people have on roads and around water • To know how to manage the risks of roads and water and know how to use the different strategies to keep ourselves safe. • To know about CPR and how this is a way to help someone in cardiac arrest. • To know how to put someone in the recovery position and use CPR safely • To know about the risks of tobacco and nicotine use. • To know how to manage influences around smoking and vaping • To know about the risks and consequences of alcohol use • To know how to use strategies to manage influences on alcohol use and how to identify sources of support for alcohol misuse	Key Vocabulary Risk Resuscitation Cardiac arrest Unconscious Nicotine Tobacco Vaping Alcohol Addiction