

	Keeping Healthy	Relationships	Responsibilities
EYFS	I know why I need sleep and what happens if I don't get enough sleep. <i>Bedtime, sleep, wake,</i>	I know how to make friends and what to do if we fall out. I know who I can ask for help. <i>Friend, fall out, argue, make up</i>	- I know I am responsible for being gentle with my hands and feet. - I know I can hurt people if I am rough or aggressive. <i>Kind, gentle, hurt, unkind</i>
Year 1	I understand why we need to wash our hands, know how germs are spread and how they can affect our health. <i>Healthy, unhealthy, germs</i>	- I understand the importance of caring about other people's feelings. - I understand how to be a good friend. <i>Relationship, love, security</i>	- I know how to prevent accidents and understand the importance of preventing accidents. - I know the differences between being responsible and being irresponsible. <i>Responsibility, accident, honesty, dishonest</i>
Year 2	- I know that food is needed for our bodies to be healthy and to grow. - I know the differences between healthy and unhealthy choices. <i>Ingredients, energy, vitamins, saturated fat</i> - I understand when it is safe to take medicine and I know who we can accept medicine from <i>Vaccination, medicine, allergies, germs, healthy, unhealthy</i>	- I understand why we should care about other people's feelings, and I can see and understand bullying behaviours. - I understand that feelings can be shown without words. <i>Bullying, teasing, advice, threatening</i>	- I understand the importance of trying hard and not giving up. - I understand the risks of talking to people you don't know very well in the community. <i>Abilities, qualities, self-respect, improve.</i>
Year 3	I understand why we need to brush our teeth and I am able to develop strategies to help me remember to brush my teeth when I forget, am tired, or busy. <i>Decay, fluoride</i>	- I understand the difference between appropriate and inappropriate touch. I know who and how to ask for help. - I know the names of the human body parts. <i>Appropriate, penis, testicles, vagina, vulva</i>	- I understand the differences between borrowing and stealing. - I know how you might feel if something of yours is borrowed and not returned. <i>Borrowing, stealing, consequences, irresponsible</i>
Year 4	I know how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older. <i>Balanced diet, lifestyle, carbohydrates</i>	- I know the different types of relationships we can have and describe how these can change as we grow. - I know how to identify how relationships can be healthy or unhealthy. <i>Connection, inappropriate, civil partnership, marriage</i>	- I know the importance of behaving in a responsible manner in a range of situations. - I know a range of situations where being on time is important. <i>Punctual, appointment, irresponsible</i>
Year 5	I know some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. <i>Nicotine, addictive, respiratory system, cardiovascular system</i>	I know the changes that boys and girls may go through during puberty and know why our bodies go through puberty. <i>Puberty, hormone, ovaries, fallopian tubes, bladder</i>	- I know why we should take action when someone is being unkind. I know what caring and considerate behaviour is. - I understand the importance of looking out for others. <i>Considerate, inconsiderate</i>
Year 6	I know the risks associated with alcohol and can describe how alcohol can affect your immediate and future health. <i>Alcohol, unit, legal age limit, alcohol poisoning</i>	- I know the terms 'conception' and 'reproduction'. I know the function of the female and male reproductive systems - I understand the various ways adults can have a child. <i>Conception, reproduction, consent, fertilised, IVF</i>	- I understand the importance of being honest and not stealing. - I know and can explain why it is important to have a trusting relationship between friends and family. <i>Possession, permission, trust, consent</i>

