

	Keeping Healthy	Relationships	Responsibilities
EYFS	<ul style="list-style-type: none"> I know why I need sleep and what happens if I don't get enough sleep. <p><i>Bedtime, sleep, wake,</i></p>	<ul style="list-style-type: none"> I know how to make friends and what to do if we fall out. I know who I can ask for help <p><i>Friend, fall out, argue, make up</i></p>	<ul style="list-style-type: none"> I know am I responsible for being gentle with my hands and feet. I know I can hurt people if I am rough or aggressive. <p><i>Kind, gentle, hurt, unkind</i></p>
Year 1	<ul style="list-style-type: none"> I know that food is needed for our bodies to be healthy and to grow I know the differences between healthy and unhealthy choices. <p><i>Ingredients, energy, vitamins, saturated fat</i></p>	<ul style="list-style-type: none"> I understand the importance of caring about other people's feelings I understand how to be a good friend <p><i>Relationship, love, security</i></p>	<ul style="list-style-type: none"> I know how to prevent accidents and understand the importance of preventing accidents. I know the differences between being responsible and being irresponsible. <p><i>Responsibility, accident, honesty, dishonest</i></p>
Year 2	<ul style="list-style-type: none"> I understand why we need to wash our hands and know how germs are spread and how they can affect our health I understand when it is safe to take medicine and I know who we can accept medicine from <p><i>Vaccination, medicine, allergies, germs, healthy, unhealthy</i></p>	<ul style="list-style-type: none"> 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. <p><i>Bullying, teasing, advice, threatening</i></p>	<ul style="list-style-type: none"> 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. <p><i>Abilities, qualities, self-respect, improve.</i></p>
Year 3	<ul style="list-style-type: none"> 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 <p><i>Decay, fluoride</i></p>	<ul style="list-style-type: none"> 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 <p><i>Appropriate, penis, testicles, vagina, vulva</i></p>	<ul style="list-style-type: none"> I understand the differences between borrowing and stealing. I know how you might feel if something of yours is borrowed and not returned. <p><i>Borrowing, stealing, consequences, irresponsible</i></p>
Year 4	<ul style="list-style-type: none"> I know how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older. <p><i>Balanced diet, lifestyle, carbohydrates</i></p>	<ul style="list-style-type: none"> 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 <p><i>Connection, inappropriate, civil partnership, marriage</i></p>	<ul style="list-style-type: none"> 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. <p><i>Punctual, appointment, irresponsible</i></p>
Year 5	<ul style="list-style-type: none"> I know some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. <p><i>Nicotine, addictive, respiratory system, cardiovascular system</i></p>	<ul style="list-style-type: none"> I know the changes that boys and girls may go through during puberty and know why our bodies go through puberty. <p><i>Puberty, hormone, ovaries, fallopian tubes, bladder</i></p>	<ul style="list-style-type: none"> I know why we should take action when someone is being unkind. I know caring and considerate behaviour is I understand the importance of looking out for others. <p><i>Considerate, inconsiderate</i></p>
Year 6	<ul style="list-style-type: none"> I know the risks associated with alcohol and can describe how alcohol can affect your immediate and future health. <p><i>Alcohol, unit, legal age limit, alcohol poisoning</i></p>	<ul style="list-style-type: none"> 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. <p><i>Conception, reproduction, consent, fertilised, IVF</i></p>	<ul style="list-style-type: none"> 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. <p><i>Possession, permission, trust, consent</i></p>