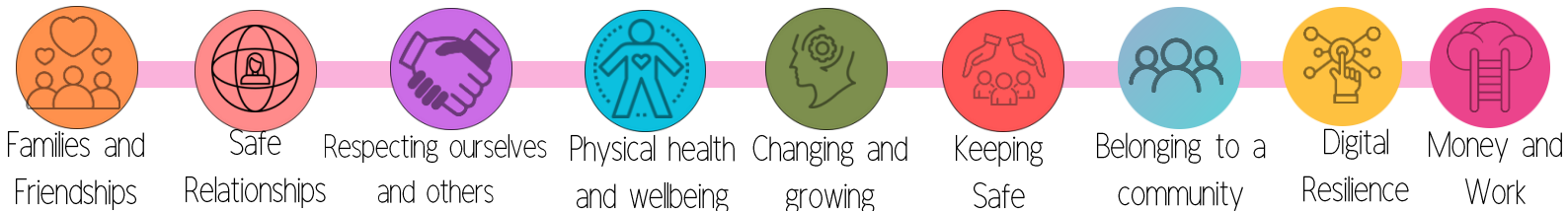


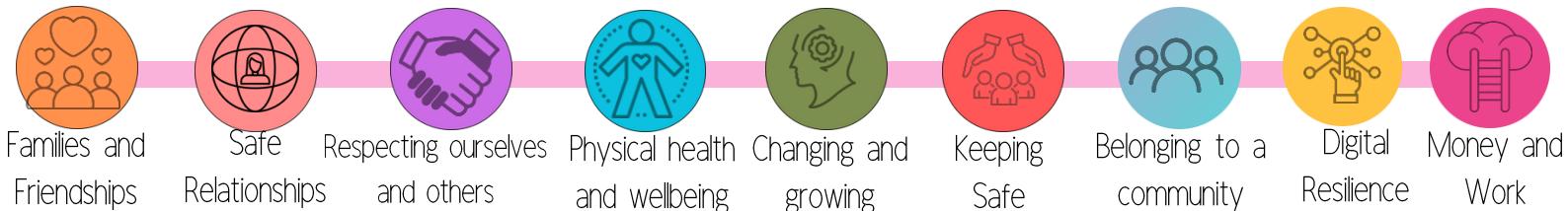
Year 1

	Theme	Knowledge	Skills	Key Vocabulary	PD opportunities	RSE Guidance
Summer	Keeping healthy; food and exercise; hygiene and routines; sun safety	<p>Can I recognise what is healthy and unhealthy? I know what it means to be healthy I can say why it is important ways to take care of myself daily I can describe basic hygiene routines, e.g. hand washing I can recognise healthy and unhealthy foods, including sugar intake</p>	<p>about what keeping healthy means; different ways to keep healthy about foods that support good health and the risks of eating too much sugar simple hygiene routines that can stop germs from spreading</p>	Healthy, unhealthy, balanced diet, sugar, fat, protein, weight, increase, decrease, hygiene, doctor, nurser, dietician, nutritionist, physical, exercise, heat beat, active, lifestyle, sun, danger, uv rays, hydration, sun lotion, protection, play, balance, screen time, physical, social,	<p>Trips/experiences: visit from nurse/doctor</p> <p>Careers: Nurse/doctor/fitness coach/personal trainer/nutritionist/chef/</p> <p>Citizenship: Independence</p> <p>CRL: Staying Positive (self-management)</p> <p>British Values: Ind liberty</p> <p>SMSC: MB2</p> <p>Cultural Capital: how to apply sun lotion, making balanced meals</p> <p>Safeguarding: Sun safety/ healthy lifestyle/ trusted adults</p>	N/A
		<p>Can I explain how to keep physically healthy? I can describe physical activity I can say how it keeps people healthy I know people who can help me to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors</p>	<p>about how physical activity helps us to stay healthy; and ways to be physically active everyday about the people who help us to stay physically healthy</p>			
		<p>Can I explain how to keep safe in the sun? I can recognise the danger of being in the sun. I can say how I can keep myself safe in the sun. I know the importance of hydration when it is hot.</p>	<p>how to keep safe in the sun and protect skin from sun damage</p>			
		<p>Can I recognise the importance of different play? I can recognise different types of play, I know the importance of balancing indoor, outdoor and screen-based play. I can say how different play is good or bad for you.</p>	<p>about different ways to learn and play; recognising the importance of knowing</p> <p>when to take a break from time online or TV</p>			



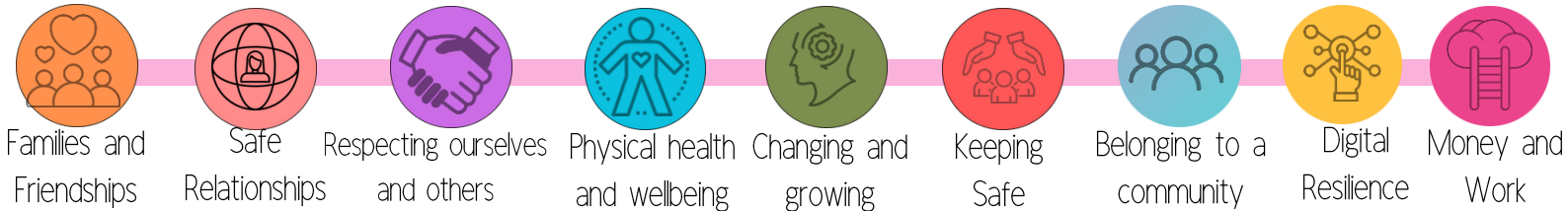
Year 2

	Theme	Knowledge	Skills	Key Vocabulary	PD opportunities	RSE Guidance
Summer	Sleep; keeping healthy ; managing feeling and asking for help	<p><u>Can I describe routines and habits for maintaining good physical and mental health?</u> I can say why sleep and rest are important for growing and keeping healthy. I know the importance of, and routines for, brushing teeth and visiting the dentist I can say how food and drink that affect dental health</p>	<p>about why sleep is important and different ways to rest and relax about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p>	<p>Routines, habits, sleep, self-care, hygiene, dental care, sugar, damage, medicine, immunisations, protect, vaccinations, feelings, angry, cross, sad, upset, happy, excited, uncomfortable, irritated, annoyed, regulation, calm, mood, change, loss, bereavement,</p>	<p>Trips/experiences: visit from nurse/doctor/paediatrician/dentist/GP/ Careers: Nurse/doctor/GP/paediatrician/dentist/dental hygienist/mental health nurse/councillor Citizenship: Independence CRL: Staying Positive (self-management) British Values: Ind liberty SMSC: MB2 Cultural Capital: Safeguarding: trusted adults / keeping safe/ mental health</p>	N/A
		<p><u>Can I explain why medicines can keep us healthy and safe?</u> I can identify different medicines I can describe how they can help us I can explain how some medicines are important for all children I can explain why we need to be careful around medicines</p>	<p>that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p>			
		<p><u>Can I describe and share a range of feelings?</u> I can identify examples of big feelings I can share how we can show or describe our feelings I can describe how we can manage our feelings I can explain how we can help support each other I can find ways to help me self-regulate.</p>	<p>about ways of sharing feelings; a range of words to describe feelings about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p>			
		<p><u>Can I manage big feelings including those associated with change, loss and bereavement?</u> I can identify the big feelings and what might cause these. I understand that change and loss can cause big feelings I know when and how to ask for help, and how to help others, with their feelings</p>	<p>to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p>			



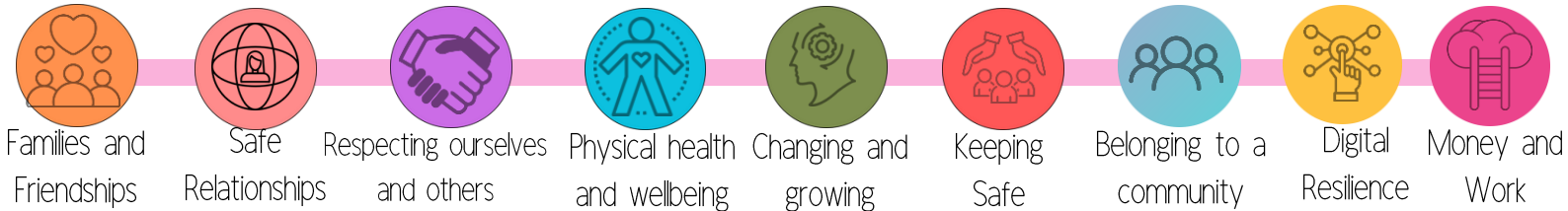
Year 3

	Theme	Knowledge	Skills	Key Vocabulary	PD opportunities	RSE Guidance
Summer	Healthy choices and habits; expressing feelings and emotions	<p><u>Can I explain the choices that people make in daily life that could affect their health?</u></p> <p>I can identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)</p> <p>I can describe what can help people to make healthy choices.</p> <p>I know what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally</p> <p>I can explain how regular exercise such as walking or cycling has positive benefits for their mental and physical health</p>	<p>about the elements of a balanced, healthy lifestyle</p> <p>how to make informed decisions about health</p> <p>about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.</p>	<p>Healthy lifestyle, choice, balance, influences, wellbeing, ;physical, mental, impact, exercise, obesity, unhealthy, positive, negative, habits, feeling, emotion, expressions, self-regulation, self-care, spectrum, external factors</p>	<p>Trips/experiences: Visit from nurse</p> <p>Careers: Coach, nurse, psychologist/Therapist/ sports coach/ PT/ social worker/ counsellor/</p> <p>Citizenship: Independence</p> <p>CRL: Staying Positive (self-management)</p> <p>British Values: Ind liberty</p> <p>SMSC: MB2</p> <p>Cultural Capital:</p> <p>Safeguarding: mental/ physical health</p>	N/A
		<p><u>Can I describe the positive and negative effects of habits?</u></p> <p>I can identify positive and negative habits such as regular exercise or eating too much sugar, on a healthy lifestyle</p> <p>I can explain what might negatively influence them about habits and that sometimes they can be maintained, changed or stopped</p>	<p>how to recognise that habits can have both positive and negative effects on a healthy lifestyle</p> <p>about choices that support a healthy lifestyle, and recognise what might influence these</p> <p>how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle</p>			
		<p><u>Can I understand the things that affect feelings both positively and negatively?</u></p> <p>I know how to identify and talk about my feelings</p> <p>I can describe some of the different ways people express feelings</p> <p>I can recognise how feelings can change overtime and become more or less powerful</p>	<p>to recognise that feelings can change over time and range in intensity about everyday things that affect feelings and the importance of expressing</p> <p>Feelings</p> <p>a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;</p>			



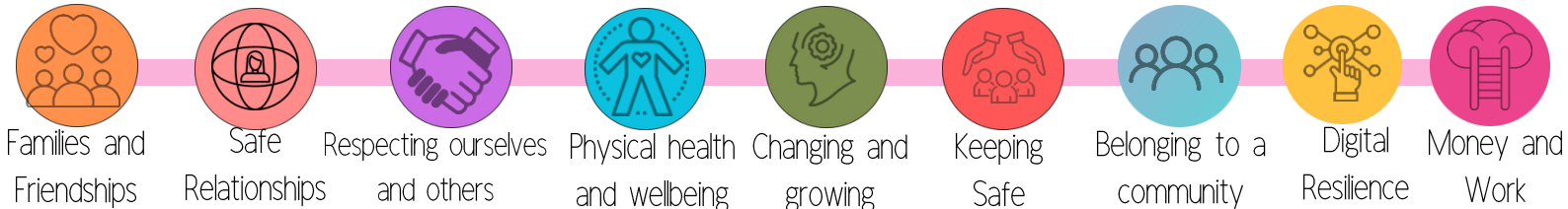
Year 4

Year 4						
	Theme	Knowledge	Skills	Key Vocabulary	PD opportunities	RSE Guidance
Summer	Maintaining an balanced lifestyle	<p><u>Can I explain the importance of a balance healthy lifestyle?</u> I can identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally I can explain what good physical health means and how to recognise early signs of physical illness I know that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary</p>	<p>about the elements of a balanced, healthy lifestyle about what good physical health means; how to recognise early signs of physical illness</p>	<p>Balance, lifestyle, healthy, choice, physical, mental illness, hygiene, damage, consequence, change, loss, growing, puberty, growth, hormones, feeling, emotions, control</p>	<p>Trips/experiences: Visit from nurse/ dental hygienist</p> <p>Careers: Dental hygienist/ dentist/orthodontist/Anaesthetist/ dental nurse</p> <p>Citizenship: Independence</p> <p>CRL: Staying Positive (self-management)</p> <p>British Values: Ind liberty</p> <p>SMSC: MB2</p> <p>Cultural Capital:</p> <p>Safeguarding: mental/ physical health</p>	N/A
		<p><u>Can I describe how to maintain oral hygiene and dental health?</u> I can identify two or more ways to maintain good oral hygiene I can describe how poor hygiene and diet can damage teeth and gums I can explain the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</p>	<p>how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)</p>			
		<p><u>Can I understand the things that affect feelings both positively and negatively?</u> I know how to identify and talk about my feelings I can describe some of the different ways people express feelings I can recognise how feelings can change overtime and become more or less powerful</p>	<p>to recognise that feelings can change over time and range in intensity about everyday things that affect feelings and the importance of expressing feelings a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;</p>			



Year 5

	Theme	Knowledge	Skills	Key Vocabulary	PD opportunities	RSE Guidance
Summer	Sleeping habits, medicines and immunisations	<p>Can I describe why the quality of sleep is so important to our health and wellbeing.</p> <p>I can explain sleep contributes to a healthy lifestyle. I know healthy sleep strategies and how to maintain them. I can identify the benefits of good quality sleep and the symptoms we could experience if we don't get enough.</p>	about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn	Sleep, deprivation, healthy, wellbeing, routines, exposure, sun damage, cancer, dehydration, stroke, influence, impact, medicine, bacteria, viruses, hygiene, contagious, spread, prevention, infection	<p>Trips/experiences: Visit from nurse</p> <p>Careers: Doctor/ sleep physiologist</p> <p>Citizenship: Independence</p> <p>CRL: Staying Positive (self-management)</p> <p>British Values: Ind liberty</p> <p>SMSC: MB2</p> <p>Cultural Capital:</p> <p>Safeguarding: mental/ physical health</p>	N/A
		<p>Can I describe the benefits of being outdoors and in the sun for physical and mental health?</p> <p>I can identify the measure to take to protect ourselves from the sun. I can describe how the sun can harm us if we aren't careful. I know how to manage risk in relation to sun exposure, including skin damage and heat stroke</p>	about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer			
		<p>Can I explain how medicines can contribute to health and how allergies can be managed?</p> <p>I know that some diseases can be prevented by vaccinations and immunisations I can identify that bacteria and viruses can affect health I can explain how they can prevent the spread of bacteria and viruses with everyday hygiene routines</p>	that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed			



Year 6

	Theme	Knowledge	Skills	Key Vocabulary	PD opportunities	RSE Guidance
Summer	Manging mental health including through, change, loss and bereave ment.	<p>Can I describe how balancing time online with other activities helps to maintain their health and wellbeing? I can explain the benefits of being online and offline. I can explain strategies to manage time spent online and foster positive habits e.g. switching phone off at night I know what to do and whom to tell if they are frightened or worried about something they have seen online</p>	<p>about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online</p>	<p>Health, wellbeing, mental health, support, advice, resolved, guidance, mood, feelings, cause, physical health, loss, grieving, changes, bereavement, transition,</p>	<p>Trips/experiences: Visit from nurse Careers: Counsellor, therapist, nurse, doctor, teacher, mental health nurse, pastoral care, Citizenship: Independence CRL: Staying Positive (self-management) British Values: Ind liberty SMSC: MB2 Cultural Capital: Safeguarding: mental/ physical health</p>	<p>N/A</p>
		<p>Can I explain that mental health is just as important as physical health and that both need looking after? I can recognise that anyone can be affected by mental ill-health. I can identify where they and others can ask for help and support with mental wellbeing in and outside school I know that difficulties can be resolved with help and support I can explain how negative experiences such as being bullied or feeling lonely can affect mental wellbeing</p>	<p>how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health that mental health, just like physical health, is part of daily life; the importance of taking care of mental health to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others</p>			
		<p>Can I describe how mental health can be support through strategies and seeking support? I can describe positive strategies for managing feelings I know that there are situations when someone may experience mixed or conflicting feelings I know how feelings can often be helpful, whilst recognising that they sometimes need to be overcome I can recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available I can explain importance of asking for support from a trusted adult</p>	<p>strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult</p>			
		<p>Can I describe changes that may occur in life including death, and how these can cause conflicting feelings? I know that changes can mean people experience feelings of loss or grief I can explain the process of grieving and how grief can be expressed I can identify strategies that can help someone cope with the feelings associated with change or loss I can describe how to ask for help and support with loss, grief or other aspects of change</p>	<p>about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools</p>			