

Subject: PSHE	Year group: KS1 Year 1 Year 2 Year 1 & 2	Topic: Health Education - Health and Wellbeing	Initiation & activation activities:
EYFS: Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children. Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help. Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.		Vocabulary: Medicines immunisations vaccinations allergy allergic unique restrictions personal private internal external vagina vulva penis testicles	See Question-Based Model for questions to initiate discussions
Programme of Study: Year 1 Year 2 Year 1 & 2 Relationships Education Health Education (Health and Wellbeing) Economic wellbeing and careers Education GW General wellbeing WO Wellbeing online PHF Physical health and fitness HE Healthy eating DATV Drugs, alcohol, tobacco and vaping HPP Health protection and prevention PS Personal safety BFA Basic first aid DB Developing bodies Pupils should have the opportunity to learn: <u>Mental Health and Wellbeing</u> 1. how to notice and name a range of feelings in themselves and others, such as happiness, excitement, anger and sadness; that feelings can be felt more, or less, strongly GW3 GW4 GW5 2. that being aware of their thoughts and feelings can help someone to manage them and is an important part of keeping healthy and well GW2 GW4 3. that someone's feelings can affect how they behave; ways to manage strong feelings, reactions and responses GW5 RKR3 4. about things that can help people feel good (e.g. playing outside, being in nature, physical activity, doing things they enjoy, spending time with family and friends, getting enough sleep) GW1 5. simple strategies to manage distraction, unhelpful thoughts and strong, unpleasant or uncomfortable feelings; that the brain can get better at remembering how to use these strategies GW1 GW5 6. about different kinds of change and loss (including death); how change and loss can affect people and who can help GW8 7. about preparing to move to a new class or year group and how to manage feelings during times of change GW3 GW8 8. who they can talk to if finding things difficult, or needing help with feelings (including adults in school) and how to ask for help GW9 <u>Keeping healthy and well</u> 1. people who help us stay healthy and who can help if feeling unwell or hurt HPP1 PHF4 2. how to brush teeth correctly; about visiting the dentist and how food and drink choices affect dental health HPP4			

3. how to keep safe and well in the sun and protect skin from sun damage HPP2

4. why sleep is important; bedtime routines and ways to rest and relax HPP3

5. simple hygiene routines that can stop germs from spreading HPP5

6. who to talk to if they are worried about their health PHF4

Physical activity and nutrition

1. what being healthy means and how physical activity helps people to stay healthy PHF1

2. ways to be physically active every day PHF2

3. that there are different types of food and drink, with different tastes and textures, and people enjoy different foods HE2

4. that people often share food together, e.g. during mealtimes or special occasions HE2 HE3

5. that food and drink come from different sources (e.g. eggs from chickens, fruit from trees/plants) and how some foods can be changed (e.g. grains into bread) before they are eaten or drunk HE1 HE4

6. that what someone eats and drinks can affect their health; about food and drink that support good health, the importance of eating a range of foods, the effects of consuming too much sugar; who to talk to if worried about what they eat and drink HE1 HE4

7. when and how children can make choices about what they eat and drink and who can help them make healthier choices HE2

Changing and growing up

1. about growing and changing from young to old and how people's needs change DB1

Personal safety and first aid

1. what rules are, some basic safety rules and how different rules can help to keep people safe in different situations PS1

2. how to recognise potentially harmful or hazardous situations in everyday life, including at home PS1

3. ways to keep safe when out and about, e.g. near railways, on the street and in busy places PS2

4. how to cross the road safely with adult support PS2

5. how to keep safe around water, using the water safety code PS2

6. about the people whose job it is to help keep children safe and how to get help from an adult if there is an accident or emergency BS5 BS7

7. how to dial 999 in an emergency (including from a locked mobile phone), and what to say BFA1

Online life and safety

1. different ways people use the internet in everyday life WO1

2. that not everything on the internet is true or real WO7

3. how the internet and digital devices can be used to safely and respectfully communicate with others WO2 WO4 OSA1

4. that it is important to be kind online; that people's feelings can be hurt by unkindness online OSA1

5. that sometimes people may behave differently online, including by pretending to be someone they're not or saying things that aren't true OSA2
6. basic rules to keep safe online, including which personal details should be kept private online; that anything shared online can be used or shared by other people WO10 OSA4 OSA5
7. how rules and age restrictions help protect children's wellbeing online; why it's important to limit time on, and take breaks from, digital devices WO3 WO5 OSA3
8. some benefits and risks of watching videos or playing games online WO6 WO7
9. how to tell a trusted adult if they have worries about something online WO11

Drug Education

1. that medicines can help people to stay healthy or feel better if they are unwell HPP6
2. that some things that go into or onto bodies can be harmful and how we might know if something is harmful DATV1
3. to recognise risk in relation to medicines, cleaning fluids and other potentially harmful products that might be in the home; what to do and who to tell if they think they are at risk DATV1

Impact –lesson sequence:

Evaluations and assessments: