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| **Term 4**  **Healthy Me** | | |
| **Year group** | **Week** | **Learning Objective** |
| **Nursery and**  **Reception** | **Throughout the year** |  |
| **Year 1** | 1 | I can understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy |
| 2 | I know how to make healthy choices |
| 3 | I Know how to keep myself clean and healthy, and understand how germs cause disease/ illness |
| 4 | I understand that medicines can help me if I feel poorly and I know how to use them safely |
| 5 | I know how to keep safe when crossing the road, and about people who can help me stay safe |
| 6 | I can tell you why I think my body is amazing and can identify some ways to keep safe and healthy. |
| **Year 2** | 1 | I know what I need to keep my body healthy |
| 2 | I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed |
| 3 | I understand how medicines work in my body and how to use them safely |
| 4 | I can sort foods into the correct food group and know which foods my body needs every day to keep me healthy |
| 5 | I can make some healthy snacks and explain why they are good for my body |
| 6 | I can decide which foods to eat to give my body energy |
| **Year 3** | 1 | I understand how exercise affects my body and know why my heart and lungs are such important organs |
| 2 | I know that the amount of calories, fat and sugar I put into my body will affect my health |
| 3 | I can tell you my knowledge and attitude towards drugs |
| 4 | I can identify things, peoples and places that I need to keep safe from |
| 5 | I can identify when something feels safe or unsafe |
| 6 | I understand how complex my body is and how important it is to take care of it |
| **Year 4** | 1 | I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most |
| 2 | I understand there are people who take on the roles of leaders or followers in a group, and to know the role I take on in different situations |
| 3 | I understand the facts about smoking and it’s effects on health, and also some of the reasons some people start to smoke |
| 4 | I understand the facts about alcohol and it’s effects on health, particularly the liver, and also some of the reasons some people drink alcohol |
| 5 | I can recognise when people are putting me under pressure and can explain ways to resist this when I can |
| 6 | I know myself well enough to have a clear picture of what I believe is right and wrong |
| **Year 5** | 1 | I can explain the risks of smoking and how it can affect the organs of my body |
| 2 | I can explain the risks of misusing alcohol and how it can affect the organs of my body |
| 3 | I can use basic first aid and know how to get help |
| 4 | I can explain how the media promotes certain body types |
| 5 | I can explain the different roles that food plays in people’s lives and body image |
| 6 | I can explain what makes a healthy lifestyle |
| **Year 6** | 1 | I can take responsibility for my physical and emotional healthy well-being |
| 2 | I can explain how different drugs have different effects on the body. |
| 3 | I can explain what exploitation is and how to help others who are being exploited. |
| 4 | I can understand the risks and pressure of being associated with a gang |
| 5 | I can explain what it means to be emotionally well and explore people’s attitudes to mental health |
| 6 | I can explain why I might be feel stressed and the effects this might have on me. |