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**A Time for Us**

**Being Healthy**

**Physical Health and Keeping safe**

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| EYFS | Health and Self Care |
| Year 1 | Keeping healthy; food and exercise, hygiene routines; sun safety |
| Year 2 | Why sleep is important; medicines and keeping healthy; keeping teeth healthy; |
| Year 3 | Health choices and habits.Keeping safe Risks and hazards; safety in the local environment and unfamiliar places |
| Year 4 | Maintaining a balanced lifestyle; oral hygiene and dental care. Keeping safe Medicines and household products; drugs common to everyday life |
| Year 5 | Healthy sleep habits; sun safety; medicines. Keeping safe in different situations, including responding in emergencies and first aid |
| Year 6 | Health - vaccinations, immunisations and allergies. Keeping Safe - drug use and the law; drug use and the media |

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| EYFS | **Health and Self Care**  • can talk about ways to keep healthy and safe.  • know the importance of physical exercise for good health.  • Know the importance of a healthy diet for good health.  • Understand basic hygiene and personal needs and know how to manage these successfully. |
| Year 1 | **Keeping healthy; food and exercise; hygiene routines; sun safety**  • what it means to be healthy and why it is important  • ways to take care of themselves on a daily basis  • about basic hygiene routines, e.g. hand washing  • about healthy and unhealthy foods, including sugar intake  • about physical activity and how it keeps people healthy  • about different types of play, including balancing indoor, outdoor and screen-based play  • about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors  • how to keep safe in the sun |
| Year 2 | **Why sleep is important; medicines and keeping healthy; keeping teeth healthy;**  •about routines and habits for maintaining good physical and mental health  • why sleep and rest are important for growing and keeping healthy  • that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies  • the importance of, and routines for, brushing teeth and visiting the dentist  • about food and drink that affect dental health  **Keeping safe Safety in different environments; risk and safety at home; emergencies**  •how to recognise risk in everyday situations, e.g. road, water and rail safety, medicines  • how to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and ‘out and about’  • to identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from danger  • how to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products  • about things that people can put into their body or onto their skin (e.g. medicines and creams) and how these can affect how people feel  • how to respond if there is an accident and someone is hurt  • about whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say |
| Year 3 | **Health choices and habits**  •about the choices that people make in daily life that could affect their health  • to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)  • what can help people to make healthy choices and what might negatively influence them  • about habits and that sometimes they can be maintained, changed or stopped  the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle  • what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally  • that regular exercise such as walking or cycling has positive benefits for their mental and physical health  **Keeping safe Risks and hazards; safety in the local environment and unfamiliar places**  how to identify typical hazards at home and in school  • how to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen  • about fire safety at home including the need for smoke alarms  • the importance of following safety rules from parents and other adults  • how to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety |
| Year 4 | **Maintaining a balanced lifestyle; oral hygiene and dental care**  •to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally  • what good physical health means and how to recognise early signs of physical illness  • that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary  • how to maintain oral hygiene and dental health, including how to brush and floss correctly  • the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health  **Keeping safe Medicines and household products; drugs common to everyday life**  the importance of taking medicines correctly and using household products safely  • to recognise what is meant by a ‘drug’  • that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing  • to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects  • to identify some of the risks associated with drugs common to everyday life  • that for some people using drugs can become a habit which is difficult to break  • how to ask for help or advice |
| Year 5 | **Healthy sleep habits; sun safety; medicines,**  •how sleep contributes to a healthy lifestyle  • healthy sleep strategies and how to maintain them  • about the benefits of being outdoors and in the sun for physical and mental health  • how to manage risk in relation to sun exposure, including skin damage and heat stroke  **Keeping safe, Keeping safe in different situations, including responding in emergencies and first aid**  • to identify when situations are becoming risky, unsafe or an emergency  • to identify occasions where they can help take responsibility for their own safety  • to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour  •how to deal with common injuries using basic first aid techniques  • how to respond in an emergency, including when and how to contact different emergency services |
| Year 6 | **Vaccinations, immunisations and allergies**  • how medicines can contribute to health and how allergies can be managed  • that some diseases can be prevented by vaccinations and immunisations  • that bacteria and viruses can affect health  • how they can prevent the spread of bacteria and viruses with everyday hygiene routines  • to recognise the shared responsibility of keeping a clean environment  **Keeping Safe - drug use and the law; drug use and the media**  • about the risks and effects of different drugs  • about the laws relating to drugs common to everyday life and illegal drugs  • to recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs  • about the organisations where people can get help and support concerning drug use  • how to ask for help if they have concerns about drug us  • about mixed messages in the media relating to drug use and how they might influence opinions and decisions  **Recap from Y5**  • how to deal with common injuries using basic first aid techniques  • how to respond in an emergency, including when and how to contact different emergency services |