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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 |