

Healthy Me

Year R

Lesson	Learning Intentions
Everybody's Body	I understand that I need to exercise to keep my body healthy.
We like to move it, move it!	I understand how moving and resting are good for my body.
Food, Glorious Food	I know which foods are healthy and not so healthy and can make healthy eating choices.
Sweet Dreams	I know how to help myself go to sleep and understand why sleep is good for me.
Keeping Clean	I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.
Stranger Danger	I know what a stranger is and how to stay safe if a stranger approaches me.

Year 1

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Being Healthy	I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.	I feel good about myself when I make healthy choices.
Healthy Choices	I know how to make healthy lifestyle choices.	I feel good about myself when I make healthy choices.
Clean and Healthy	I know how to keep myself clean and healthy, and understand how germs cause disease/illness I know that all household products including medicines can be harmful if not used properly.	I am special so I keep myself safe.
Medicine Safety	I understand that medicines can help me if I feel poorly and I know how to use them safely.	I know some ways to help myself when I feel poorly.
Road Safety	I know how to keep safe when crossing the road, and about people who can help me to stay safe.	I can recognise when I feel frightened and know who to ask for help.
Happy, Healthy Me	I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.	I can recognise how being healthy helps me to feel happy.

Year 2

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Being Healthy	I know what I need to keep my body healthy.	I am motivated to make healthy lifestyle choices.
Being Relaxed	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.	I can tell you when a feeling is weak and when a feeling is strong.
Medicine Safety	I understand how medicines work in my body and how important it is to use them safely.	I feel positive about caring for my body and keeping it healthy.
Healthy Eating	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.	I have a healthy relationship with food and know which foods I enjoy the most.
Healthy Eating	I can make some healthy snacks and explain why they are good for my body.	I can express how it feels to share healthy food with my friends.
Happy, Healthy Me!	I can decide which foods to eat to give my body energy.	I have a healthy relationship with food and I know which foods are most nutritious for my body.

Year 3

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Being Fit and Healthy	I understand how exercise affects my body and know why my heart and lungs are such important organs.	I can set myself a fitness challenge.
Being Fit and Healthy	I know that the amount of calories, fat and sugar I put into my body will affect my health.	I know what it feels like to make a healthy choice.
What do I Know About Drugs?	I can tell you my knowledge and attitude towards drugs.	I can identify how I feel towards drugs.
Being Safe	I can identify things, people and places that I need to keep safe from I know some strategies for keeping myself safe, who to go to for help and how to call the emergency services.	I can express how being anxious or scared feels.
Safe or Unsafe	I can identify when something feels safe or unsafe.	I can take responsibility for keeping myself and others safe.
My Amazing Body	I understand how complex my body is and how important it is to take care of it.	I respect my body and appreciate what it does for me.

Year 4

Lesson	PSHE learning intentions	Social and emotional development learning intentions
My Friends and Me	I can recognise how different friendship groups are formed, how I fit into them and the friends I value the most.	I can identify the feelings I have about my friends and my different friendship groups.
Group Dynamics	I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations.	I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.
Smoking	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others.
Alcohol	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others.
Healthy Friendships	I can recognise when people are putting me under pressure and can explain ways to resist this when I want.	I can identify feelings of anxiety and fear associated with peer pressure.
Celebrating my Inner Strength and Assertiveness	I know myself well enough to have a clear picture of what I believe is right and wrong.	I can tap into my inner strength and know how to be assertive.

Year 5

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Smoking	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.
Alcohol	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.	I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure.
Emergency Aid	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.	I know how to keep myself calm in emergencies.
Body Image	I understand how the media, social media and celebrity culture promotes certain body types.	I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am.
My Relationship with Food	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures.	I respect and value my body.
Healthy Me	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.	I am motivated to keep myself healthy and happy.

Year 6

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Taking Responsibility for my Health and Well-being	I can take responsibility for my health and make choices that benefit my health and well-being.	I am motivated to care for my physical and emotional health.
Drugs	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.	I am motivated to find ways to be happy and cope with life's situations without using drugs.
Exploitation	I can understand that some people can be exploited and made to do things that are against the law.	I can suggest ways that someone who is begin exploited can help themselves.
Gangs	I know why some people join gangs and the risks this involves.	I can suggest strategies someone could use to avoid being pressurised.
Emotional and Mental Health	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.	I know how to help myself feel emotionally healthy and can recognise when I need help with this.
Managing Stress and Pressure	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.	I can use different strategies to manage stress and pressure.