

Healthy Me Spring 2 EYFS to Year 6

Year Group	No Outsiders	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
EYFS	All families are different.	<p>Lesson 1 – Everybody's body</p> <p>Objective To make a healthy choice</p> <p>Learning Intention I understand that I need to exercise to keep my body healthy.</p>	<p>Lesson 2 – We like to move it, move it!</p> <p>Objective To understand the importance of being physically active</p> <p>Learning Intention I understand how moving and resting are good for my body.</p>	<p>Lesson 3 – Food glorious food</p> <p>Objective To understand what a healthy, balanced diet is</p> <p>Learning Intention I know which foods are healthy and not so healthy and can make healthy eating choices.</p>	<p>Lesson 4 – Sweet dreams</p> <p>Objective To know how to keep myself and others safe</p> <p>Learning Intention I know how to help myself go to sleep and understand why sleep is good for me.</p>	<p>Lesson 5 – Keeping clean</p> <p>Objective To know how to be a good friend and enjoy healthy relationships</p> <p>Learning Intention I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.</p>	<p>Lesson 6 – Safe adults</p> <p>Objective To know how to keep calm and deal with difficult situations</p> <p>Learning Intention I know who my safe adults are and how to stay safe if they are not close by me.</p> <p>CONSENT</p>

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<p>Year 1</p>	<p>Proud to be me.</p>	<p>Lesson 1 – Being healthy Objective To make a healthy choice Learning Intention I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. Social and emotional objective I feel good about myself when I make healthy choices.</p>	<p>Lesson 2 – Healthy choices Objective To understand what a healthy, balanced diet is Learning Intention I know how to make healthy lifestyle choices. Social and emotional objective I feel good about myself when I make healthy choices.</p>	<p>Lesson 3 - Clean and healthy Objective To understand the importance of being physically active Learning Intention 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. Social and emotional objective I am special so I keep myself safe.</p>	<p>Lesson 4 – Medicine safety Objective To know how to keep myself and others safe Learning Intention I understand that medicines can help me if I feel poorly and I know how to use them safely. Social and emotional objective I know some ways to help myself when I feel poorly. CONSENT</p>	<p>Lesson 5 – Road safety Objective To know how to be a good friend and enjoy healthy relationships Learning Intention I know how to keep safe when crossing the road, and about people who can help me to stay safe. Social and emotional objective I can recognise when I feel frightened and know who to ask for help.</p>	<p>Lesson 6 Objective To know how to keep calm and deal with difficult situations First Aid Importance of knowing how to call 999 and knowing your address, name, phone number and how to open the front door for access for a trusted person. How to make a clear and efficient call to emergency services if necessary. Concepts of basic first aid, for example dealing with common injuries, including head injuries</p>
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<p>Year 2</p>	<p>To think about what makes a good friend.</p>	<p>Lesson 1 – Being healthy Objective To make a healthy choice Learning Intention I know what I need to keep my body healthy. Social and emotional objective I am motivated to make healthy lifestyle choices.</p>	<p>Lesson 2 – Being relaxed Objective To understand what a healthy, balanced diet is Learning Intention 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. Social and emotional objective I can tell you when a feeling is weak and when a feeling is strong.</p>	<p>Lesson 3 – Medicine safety Objective To understand the importance of being physically active Learning Intention I understand how medicines work in my body and how important it is to use them safely. Social and emotional objective I feel positive about caring for my body and keeping it healthy. CONSENT</p>	<p>Lesson 4 – Healthy eating & Healthy, happy me Objective To know how to keep myself and others safe Learning Intention I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy. I can make some healthy snacks and explain why they are good for my body. I can decide which foods to eat to give my body energy. Social and emotional objective I have a healthy relationship with food and know which foods I enjoy the most. I can express how it feels to share healthy food with my friends. I have a healthy relationship with food and know which foods are most nutritious for my body.</p>	<p>Lesson 5 - Objective To know how to be a good friend and enjoy healthy relationships Brain breaks and age restrictions</p>	<p>Lesson 6 - Objective To know how to keep calm and deal with difficult situations Who helps us to stay healthy? The importance of doctor and dentist visits to help us stay healthy.</p>
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<p>Year 3</p>	<p>To recognise a stereotype.</p>	<p>Lesson 1 – Being fit and healthy Objective To make a healthy choice Learning Intention I understand how exercise affects my body and know why my heart and lungs are such important organs. Social and emotional objective I can set myself a fitness challenge.</p>	<p>Lesson 2 – Being fit and healthy Objective To understand what a healthy, balanced diet is Learning Intention I know that the amount of calories, fat and sugar I put into my body will affect my health. Social and emotional objective I know what it feels like to make a healthy choice.</p>	<p>Lesson 3 – What do I know about drugs? Objective To understand the importance of being physically active Learning Intention I can tell you my knowledge and attitude towards drugs. Social and emotional objective I can identify how I feel towards drugs. CONSENT</p>	<p>Lesson 4 – Being safe Objective To know how to keep myself and others safe Learning Intention 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 emergency services. Social and emotional objective I can express how being anxious or scared feels. CONSENT</p>	<p>Lesson 5- Safe or unsafe Objective To know how to be a good friend and enjoy healthy relationships Learning Intention I can identify when something feels safe or unsafe. Social and emotional objective I can take responsibility for keeping myself and others safe. CONSENT</p>	<p>Lesson 6 – My amazing body Objective To know how to keep calm and deal with difficult situations Learning Intention I understand how complex my body is and how important it is to take care of it. Social and emotional objective I respect my body and appreciate what it does for me.</p>
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<p>Year 4</p>	<p>To find common ground.</p>	<p>Lesson 1 – My friends and me and Group dynamics Objective To make a healthy choice Learning Intention I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. 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. Social and emotional objective I can identify the feelings I have about my friends and my different friendship groups. I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.</p>	<p>Lesson 2 – Healthy teeth and gums Objective To understand what a healthy, balanced diet is Learning Intention I can identify different ways that I can take care of my oral hygiene and why this is important. Social and emotional objective I can recognise that the lifestyle choices people can make can have an impact on dental health.</p>	<p>Lesson 3 - Smoking Objective To understand the importance of being physically active Learning Intention I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. Social and emotional objective I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively from myself and others. CONSENT</p>	<p>Lesson 4 - Alcohol Objective To know how to keep myself and others safe Learning Intention I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. Social and emotional objective 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. CONSENT</p>	<p>Lesson 5 – Healthy friendships Objective To know how to be a good friend and enjoy healthy relationships Learning Intention I can recognise when people are putting me under pressure and can explain ways to resist this when I want. Social and emotional objective I can identify feelings of anxiety and fear associated with peer pressure. CONSENT</p>	<p>Lesson 6 – Celebrating My Inner Strength and Assertiveness Objective To know how to keep calm and deal with difficult situations Learning Intention I know myself well enough to have a clear picture of what I believe is right and wrong. Social and emotional objective I can tap into my inner strength and know how to be assertive. CONSENT</p>
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<p>Year 5</p>	<p>To recognise when someone needs help.</p>	<p>Lesson 1 - Smoking Objective To make a healthy choice Learning Intention I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. Social and emotional objective I can make an informed decision about whether or not I choose to smoke and know how to resist pressure. CONSENT</p>	<p>Lesson 2 - Alcohol Objective To understand what a healthy, balanced diet is Learning Intention I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. Social and emotional objective I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure. CONSENT</p>	<p>Lesson 3 – Emergency aid Objective To understand the importance of being physically active Learning Intention I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. Social and emotional objective I know how to keep myself calm in emergencies.</p>	<p>Lesson 4 – Body image Objective To know how to keep myself and others safe Learning Intention I understand how the media, social media and celebrity culture promotes certain body types. Social and emotional objective 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.</p>	<p>Lesson 5 – My relationship with food Objective To know how to be a good friend and enjoy healthy relationships Learning Intention 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. Social and emotional objective I respect and value my body.</p>	<p>Lesson 6 – Healthy me Objective To know how to keep calm and deal with difficult situations Learning Intention I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. Social and emotional objective I am motivated to keep myself healthy and happy.</p>
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<p>Year 6</p>	<p>To consider causes of racism.</p>	<p>Lesson 1 – Taking responsibility for my health and wellbeing Objective To make a healthy choice Learning Intention I can take responsibility for my health and make choices that benefit my health and well-being. (ensure explicit discussions around mental health and that it is equally important as physical health) Social and emotional objective I am motivated to care for my physical and emotional health. CONSENT</p>	<p>Lesson 2 - Drugs Objective To understand what a healthy, balanced diet is Learning Intention I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. Social and emotional objective I am motivated to find ways to be happy and cope with life's situations without using drugs. CONSENT</p>	<p>Lesson 3 – Exploitation and Gangs Objective To understand the importance of being physically active Learning Intention I understand that some people can be exploited and made to do things that are against the law. I know why some people join gangs and the risks this involves. Social and emotional objective I can suggest ways that someone who is being exploited can help themselves. I can suggest strategies someone could use to avoid being pressurised. CONSENT</p>	<p>Lesson 4 - Objective To know how to keep myself and others safe</p> <p>The facts and science relating to allergies, immunisation and vaccination. CONSENT</p>	<p>Lesson 5 – Emotional and mental health Objective To know how to be a good friend and enjoy healthy relationships Learning Intention I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. Social and emotional objective I know how to help myself feel emotionally healthy and can recognise when I need help with this.</p>	<p>Lesson 6 – Managing stress and pressure Objective To know how to keep calm and deal with difficult situations Learning Intention I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. Social and emotional objective I can use different strategies to manage stress and pressure. CONSENT</p>
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