

Keeping Healthy Keeping Safe

EYFS

Y1
6
lessons

Drug and Alcohol Education:

- Lesson 1 Keeping safe: Things that go into and on to bodies - Pupils learn about the things that go into and onto bodies and how this can make people feel
- Lesson 2 Keeping healthy: medicines - Pupils learn about medicines and the people who help them to stay healthy
- Lesson 3 Keeping safe: medicines and household products - Pupils learn rules about keeping safe around medicines and other household products

Objectives:

- H1. about what keeping healthy means; different ways to keep healthy
- H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
- H10. about the people who help us to stay physically healthy
- H29. to recognise risk in simple everyday situations and what action to take to minimise harm
- H31. that household products (including medicines) can be harmful if not used correctly
- H33. about the people whose job it is to help keep us safe
- H37. about things that people can put into their body or on their skin; how these can affect how people feel

Vocabulary: body, skin, packet, bottle, syringe, hazard, label, symbol, helpful, harmful, medicine, tablets, capsule, injection, spray, cream, drops, inhaler, vaccination, healthy, unhealthy, well, unwell, recover, illness, injury, protect, body, bodies, product, medicine, cleaning, safety, instructions, rule, risk, accident, pressure, safe, unsafe

Changing and Growing up:

- Lesson 1. My special people - We are learning about the special people in our lives and how we care for one another
- Lesson 2. We are growing: human life cycle - We are learning about how we change as we grow
- Lesson 3. Everybody's body - We are learning to name different parts of the body, including genitalia

Objectives:

- H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)
- H26. about growing and changing from young to old and how people's needs change
- R1. about the roles different people (e.g. acquaintances, friends and relatives) play in our lives
- R2. to identify the people who love and care for them and what they do to help them feel cared for
- R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private
- R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard
- R23. to recognise the ways in which they are the same and different to others
- L2. how people and other living things have different needs; about the responsibilities of caring for them

	<p>Vocabulary: special, person, people, friend, family, care, caring, help, thanks, grow, change, difference, baby, toddler, child, adult, older person, independent, responsibility, human life cycle, same, different, male, female, boy, girl, body, born, private parts, genitals, penis, testicles, vagina, vulva</p>
<p>Y2 6 lessons</p>	<p>Health Education:</p> <ul style="list-style-type: none"> • Lesson 1: To learn about food and drinks that keep people healthy • Lesson 2: To learn about how being active can keep people healthy <p>Objectives:</p> <ul style="list-style-type: none"> • H1. about what keeping healthy means; different ways to keep healthy • H2. about foods that support good health and the risks of eating too much sugar • H3. about how physical activity helps us to stay healthy; and ways to stay physically healthy everyday • H10. about the people who help us to stay physically healthy <p>Vocabulary: Healthy, healthier, choices, food, drink, eating, energy, Physical activity, PE, exercise, strength, muscle, physical, biological, fit</p> <hr/> <p>Keeping Safe at Home: Lesson 1: identify some common hazards that might occur in the home, suggest some actions children can take to help minimise the risk of accidents happening at home, recognise how rules can help keep children safe at home</p> <p>Objectives:</p> <ul style="list-style-type: none"> • H28. about rules and age restrictions that keep us safe • H29. to recognise risk in simple everyday situations and what action to take to minimise harm • H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) • H31. that household products (including medicines) can be harmful if not used correctly • H33. about the people whose job it is to help keep us safe <p>Vocabulary: Safe, unsafe, harm, injury, accident, rules, actions</p> <hr/> <p>Sleep: Lesson 1: To learn about the things that will help them to fall asleep and get a good night's sleep, describe some reasons why sleep is important, recognize something that may be stopping them from getting to sleep and ideas to manage them and identify some things that might help them to get to sleep (including rest and relaxation)</p> <p>Objectives:</p> <ul style="list-style-type: none"> • H4. about why sleep is important and different ways to rest and relax • H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)

Vocabulary: Sleep, rest, routine, relax, bedtime

Sun Safety:

Lesson 1: Keeping safe in the sun: To learn how to manage risk in relation to sun exposure, including skin damage and heat stroke, describe some benefits of limited sun exposure for physical and mental wellbeing, describe how the sun can damage skin and health, explain what appropriate exposure and over exposure is in relation to the sun and how to limit exposure and evaluate the possible challenges to limiting sun exposure and strategies to overcome these

Objectives:

- H1: about what keeping healthy means; different ways to keep healthy
- H1: how to make informed decisions about health
- H8: how to keep safe in the sun and protect skin from sun damage

Vocabulary: sun, safe, benefits, harmful, protect, UV rays

Consent:

Lesson 1. Asking for permission

Objectives:

- R16. about how to respond if physical contact makes them feel uncomfortable or unsafe
- R17. about knowing there are situations when they should ask for permission and also when their permission should be sought
- R22. about how to treat themselves and others with respect; how to be polite and courteous

Vocabulary: Permission, asking, sharing, giving, yes, no

**Y3
8
lessons**

Health Education:

- Lesson 1: To learn what makes a healthy diet and why this is important
- Lesson 2: To learn about making choices about food and drink
- Lesson 3: To learn how to plan and prepare a healthy meal
- Lesson 4: To learn about the importance of regular, physical activity
- Lesson 5: To learn about a balanced lifestyle

Objectives:

- H1. how to make informed decisions about health
- H2. about the elements of a balanced, healthy lifestyle
- H3. about choices that support a healthy lifestyle, and recognise what might influence these
- H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle
- H5. about what good physical health means; how to recognise early signs of physical illness

- H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay
- H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive life
- H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

Vocabulary:

carbohydrates, calories, dairy, habits, fats, fatty acids, minerals, nutrition, ultra-processed, junk food, protein, pulses, starch, sugar, sweeteners, vitamins, balanced, choice, decision, dilemma, diet, healthy, influence, negative, nutritious, active, aerobic, balance, bones, breath, confidence, coordination, exercise, habits, inactive, mental, mind, mobility, muscles, physical, social, strengthen, weigh

First Aid:

Lesson 1: Bites and Stings

Objectives:

- Identify when a casualty is having an allergic reaction to a bite or sting
- Provide first aid treatment for a casualty who has been bitten or stung
- Comfort and reassure a casualty who has been bitten or stung
- Seek medical help if required

Vocabulary:

allergic, airways, respiratory rate, breathing, reddening, puncture, swelling, infection, venom, reaction, auto injector, anaphylaxis

Changing and Growing up:

- Lesson 1. What makes a good friend? We are learning about friendship, including why it is important and what makes a good friend
- Lesson 2. Falling out with friends We are learning how to maintain good friendships and about solving disagreements and conflicts with peers

Objectives:

- R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing
- R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships
- R13. the importance of seeking support if feeling lonely or excluded
- R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them
- R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely
- R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

Vocabulary: friend, friendship, special, close, caring, valuable, different, qualities, important, argument, falling out, making up, apologise, solution

Y4

7
lessons

Drug and Alcohol Education:

- Lesson 1 Safety rules and risks: medicines and household products Pupils learn about the safe use of medicines and household products
- Lesson 2 Safety rules and risks: alcohol and smoking Pupils learn that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health

Objectives:

- H40: about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully)
- H1. how to make informed decisions about health
- H3. about choices that support a healthy lifestyle, and recognise what might influence these
- H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle

Vocabulary: Household, product, medicine, safety, risk, instructions, warning, side effects, dose, dosage, prescribed, pharmacy, vaccination, Cigarette, e-cigarette, smoking, vaping, drinking, alcohol, caffeine, laws, guidelines, health, habit, quit, cessation

Dental Health:

Lesson 1: to learn about the importance of dental health routines

Objectives:

- H1. what positively and negatively affects their physical, mental and emotional health
- H6. The importance of, and how to, maintain personal hygiene

Vocabulary: dental, enamel, plaque, cavity, acid, gum disease, oral hygiene, saliva, acid

First Aid:

Lesson 1: Asthma

Objectives:

- Identify a casualty who is having an asthma attack
- Assess a casualty's condition calmly and give first aid to someone who is having difficulty breathing due to asthma
- Seek medical help, if required, for someone who is having an asthma attack

Vocabulary: airways, trachea, triggers, inhaler, lungs, larynx, inhale, exhale, inflate, deflate

Keeping Safe at Home:

Lesson 1: assess some hazards in the home that could cause harm or injury, explain how the desire for peer approval might put pressure on a young person to act in a riskier way at home, describe strategies to reduce risk at home and help keep themselves (or others) safe, including strategies to manage peer influence

Objectives:

- H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming
- H38. how to predict, assess and manage risk in different situations
- H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe
- H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say
- R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others

Vocabulary: Hazard, harm, injury, risk, reduce, strategy, peer influence

Sun Safety:

Lesson 1: Managing risk in the sun: To learn how to keep safe in the sun, explain why being in the sun can be good and not so good for our health, identify different ways to protect our skin in the sun and give examples of what can be used to provide protection from the sun

Objectives:

- H12: about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer
- R15: strategies for recognising and managing peer influence and a desire for peer approval in friendships; (to recognise the effect of online actions on others)

Vocabulary: exposure, over exposure, limiting, damage, health, protection

Firework Safety:

Lesson 1: To learn about keeping safe around fireworks, bonfires and sparklers.

Objectives:

- H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming
- H38. how to predict, assess and manage risk in different situations
- H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe
- H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say
- R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others

Vocabulary: Risk, peer influence, sparklers, fireworks, bonfires, age restrictions

Y5
8
lessons

First Aid:

Lesson 1: Bleeding

Objectives:

- Ensure the safety of themselves and others.
- Assess a casualty's condition calmly and give first aid to a casualty who is bleeding
- I can give first aid to a casualty who is in shock.
- I can seek medical help if required for a casualty who is bleeding

Vocabulary: safety, minor, severe, bleeding, heart, arteries, veins, positioning, shock, oxygen, red blood cells, circulating, white blood cells, infection, bandaging, reassuring

Consent:

- Lesson 1. Giving and seeking permission
- Lesson 2. Personal boundaries
- Lesson 3. Appropriate and inappropriate touch

Objectives:

- R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)
- R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact
- R26. about seeking and giving permission (consent) in different situations
- R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online

Vocabulary: Permission, asking, consent, yes, no, maybe, Personal space, personal boundaries, permission, respect, Appropriate, inappropriate, touch, permission, personal boundaries, feelings

Changing and Growing up:

- Lesson 1. Puberty: time to change - We are learning about the physical changes that happen during puberty
- Lesson 2. Puberty: menstruation and wet dreams - We are learning about the biological changes that happen during puberty
- Lesson 3. Puberty: personal hygiene - We are learning about the importance of personal hygiene during puberty
- Lesson 4. Puberty: emotions and feelings - We are learning about emotional changes during puberty

Objectives:

- H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health
- H17. to recognise that feelings can change over time and range in intensity
- H18. about everyday things that affect feelings and the importance of expressing feelings
- H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;

- H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations
- H26. that for some people gender identity does not correspond with their biological sex
- H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
- H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- H34. about where to get more information, help and advice about growing and changing, especially about puberty

Vocabulary: puberty, change, grow, mature, child, teenage, adult, hormones, genitals, vulva, vagina, penis, testicles, breasts, pubic hair, Adam's apple, larynx ('voice box'), internal, external, reproductive organs, uterus, fallopian tubes, ovary/ovaries, cervix, vulva, vagina, clitoris, labia, menstruation, menstrual cycle, period, blood, pads, tampons, re-useable, Adam's apple, penis, testicles, scrotum, foreskin, epididymis, bladder, anus, sperm, semen, erection, ejaculation, wet dream/nocturnal emission, pubic hair, hygiene, clean, cleanliness, self-esteem, self-confidence, sweat, body odour, spots, periods, period products, tampon, pad, re-useable

**Y6
9
lessons**

Drug and Alcohol Education:

- Lesson 1 Managing risk: medicines Pupils learn how the correct use of medicines, and how vaccinations and immunisations, can help to maintain health and wellbeing
- Lesson 2 Managing risk: legal and illegal Drugs Pupils learn about some of the risks and effects of (legal and illegal) drug use
- Lesson 3 Managing risk: influences and pressure Pupils learn about the reasons why people use drugs; managing situations and peer influence
- Lesson 4 Managing risk: drugs and alcohol in the media Pupils learn that mixed messages about drugs use in the media exist and that these can influence opinions and decisions

Objectives:

- H10: how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed
- H40: about the importance of taking medicines correctly and using household products safely (e.g. following instructions carefully) Health and wellbeing: Drugs, alcohol and tobacco
- H46: about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break
- H47: to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others

Vocabulary: Medicine, recover, health condition, immune/ immunisation, vaccination, population, prescribed, emergency, insulin, EpiPen, diabetes, asthma, eczema, allergy, dose, Drug, substance, effects, risks, law, legal, illegal, habit, advice, support, Drug, factors, influence, peer pressure, passive, aggressive, assertive strategies. Media, social media, messages, marketing, influences, information, smoking, vaping, drinking, cigarettes, e-cigarettes, vape, alcohol, advertising

First Aid:

Lesson 1: Choking

Objectives:

- Identify a casualty who is choking
- Assess and give first aid to a casualty who is choking
- Seek medical help if required

Vocabulary:

airway, inhale, breathing, obstruction, trachea, windpipe, epiglottis, stomach, back blows, abdomen, ribcage, exhale, lungs, oesophagus

Changing and Growing up:

- Lesson 1. Puberty: recap and review We are learning about the changes that happen during puberty (recap from year 4-5)
- Lesson 2. Puberty: change and becoming independent We are learning about managing change and becoming more independent
- Lesson 3. Positive and healthy relationships We are learning about positive, healthy relationships
- Lesson 4. How babies are made We are learning about how a baby is made

Objectives:

- H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools
- H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for¹
- H35. about the new opportunities and responsibilities that increasing independence may bring
- H36. strategies to manage transitions between classes and key stages
- R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)
- R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different
- R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another
- R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online
- R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships

Vocabulary: puberty, person, child, teenager, adult, changing, growing, physical, emotions, feelings, change, life cycle, baby, toddler, child, adolescent, teenager, adult, middle-age, older person, growing up, feelings, emotions, independence, relationship, friendship, family, couple, love, positive, qualities, values, permission, respect, boundaries, Love, respect, consent, commitment, female, male, human, reproduction, sex, sexual intercourse, fertilised, sperm, ovum, penis, vulva, vagina, fallopian tubes, pregnancy, baby, foetus, uterus, womb, conception, contraception

