

PSHE Spring 1

Year 1/2 Being Healthy

- To understand what constitutes a healthy lifestyle including the benefits of physical activity, rest and healthy eating and dental health.
- To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences.
- To recognise that household products, including medicines, can be harmful if not used properly.
- To understand the safe use of medicines and about people who look after them.
- To understand the process of growing from young to old and how people's needs change.
- To understand about growing and changing and new opportunities and responsibilities that increased independence may bring.
- To learn the names of the main parts of the body (including external genitalia) the similarities and differences between boys and girls.

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Year 3/4 Being Healthy

- To understand which, why and how, commonly available substances and drugs could damage their immediate and future health and safety, and that some are legal (including alcohol and tobacco)
- To recognise opportunities to make choices about food and the benefits of eating a balanced diet.
- To begin to understand the concept of a 'balanced lifestyle'
- To understand about people who are responsible for helping them stay healthy and safe ways that they can help these people.
- To understand that pressure to behave in a risky way can come from a variety of sources, including people they know.
- To differentiate between the terms 'risk', 'danger' and 'hazard'
- To understand what positively and negatively affects their physical, mental and emotional health (including the media)
- To recognise and manage 'dares'

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Year 5/6 Being Healthy

- To understand which, why and how commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety, some are restricted and some are illegal to own, use and supply others.
- To understand what is meant by the term 'habit' and why habits can be hard to challenge
- To understand that pressure to behave in an unacceptable, unhealthy and risky way can come from a variety of sources, including people they know and the media.
- To recognise and manage 'dares'.
- To recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, and that makes them feel uncomfortable, anxious or that they believe to be wrong.
- To understand about human reproduction including conception (and that this can be prevented)
- To understand how their body will change as they move through puberty.
- To recognise opportunities to make their own choices about food, what might influence their choices and the benefits of eating a balanced diet.
- Begin to understand the concept of a 'balanced lifestyle'.

Useful websites

BBC (class clips)

BBC (search PSHE and Citizenship)