

## 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><b>Lesson 1 –</b> Everybody's body</p> <p><b>Objective</b> <b>To make a healthy choice</b></p> <p><b>Learning Intention</b> I understand that I need to exercise to keep my body healthy.</p>	<p><b>Lesson 2 –</b> We like to move it, move it!</p> <p><b>Objective</b> <b>To understand the importance of being physically active</b></p> <p><b>Learning Intention</b> I understand how moving and resting are good for my body.</p>	<p><b>Lesson 3 –</b> Food glorious food</p> <p><b>Objective</b> <b>To understand what a healthy, balanced diet is</b></p> <p><b>Learning Intention</b> I know which foods are healthy and not so healthy and can make healthy eating choices.</p>	<p><b>Lesson 4 –</b> Sweet dreams</p> <p><b>Objective</b> <b>To know how to keep myself and others safe</b></p> <p><b>Learning Intention</b> I know how to help myself go to sleep and understand why sleep is good for me.</p>	<p><b>Lesson 5 –</b> Keeping clean</p> <p><b>Objective</b> <b>To know how to be a good friend and enjoy healthy relationships</b></p> <p><b>Learning Intention</b> 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><b>Lesson 6 –</b> Safe adults</p> <p><b>Objective</b> <b>To know how to keep calm and deal with difficult situations</b></p> <p><b>Learning Intention</b> I know who my safe adults are and how to stay safe if they are not close by me.</p> <p><b>CONSENT</b></p>

## Healthy Me Spring 2 EYFS to Year 6

Year 1	Proud to be me.	<p><b>Lesson 1 – Being healthy</b>  <b>Objective</b>  <b>To make a healthy choice</b>  <b>Learning Intention</b>          I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.  <b>Social and emotional objective</b>          I feel good about myself when I make healthy choices.</p>	<p><b>Lesson 2 – Healthy choices</b>  <b>Objective</b>  <b>To understand what a healthy, balanced diet is</b>  <b>Learning Intention</b>          I know how to make healthy lifestyle choices.  <b>Social and emotional objective</b>          I feel good about myself when I make healthy choices.</p>	<p><b>Lesson 3 - Clean and healthy</b>  <b>Objective</b>  <b>To understand the importance of being physically active</b>  <b>Learning Intention</b>          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.  <b>Social and emotional objective</b>          I am special so I keep myself safe.</p>	<p><b>Lesson 4 – Medicine safety</b>  <b>Objective</b>  <b>To know how to keep myself and others safe</b>  <b>Learning Intention</b>          I understand that medicines can help me if I feel poorly and I know how to use them safely.  <b>Social and emotional objective</b>          I know some ways to help myself when I feel poorly.  <b>CONSENT</b></p>	<p><b>Lesson 5 – Road safety</b>  <b>Objective</b>  <b>To know how to be a good friend and enjoy healthy relationships</b>  <b>Learning Intention</b>          I know how to keep safe when crossing the road, and about people who can help me to stay safe.  <b>Social and emotional objective</b>          I can recognise when I feel frightened and know who to ask for help.</p>	<p><b>Lesson 6</b>  <b>Objective</b>  <b>To know how to keep calm and deal with difficult situations</b>  <b>First Aid</b>          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>
-----------	-----------------	---	---	--	---	--	--

## Healthy Me Spring 2 EYFS to Year 6

<p>Year 2</p>	<p>To think about what makes a good friend.</p>	<p><b>Lesson 1 – Being healthy</b>  <b>Objective</b>  <b>To make a healthy choice</b>  <b>Learning Intention</b>          I know what I need to keep my body healthy.  <b>Social and emotional objective</b>          I am motivated to make healthy lifestyle choices.</p>	<p><b>Lesson 2 – Being relaxed</b>  <b>Objective</b>  <b>To understand what a healthy, balanced diet is</b>  <b>Learning Intention</b>          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.  <b>Social and emotional objective</b>          I can tell you when a feeling is weak and when a feeling is strong.</p>	<p><b>Lesson 3 – Medicine safety</b>  <b>Objective</b>  <b>To understand the importance of being physically active</b>  <b>Learning Intention</b>          I understand how medicines work in my body and how important it is to use them safely.  <b>Social and emotional objective</b>          I feel positive about caring for my body and keeping it healthy.  <b>CONSENT</b></p>	<p><b>Lesson 4 – Healthy eating &amp; Healthy, happy me</b>  <b>Objective</b>  <b>To know how to keep myself and others safe</b>  <b>Learning Intention</b>          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.  <b>Social and emotional objective</b>          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><b>Lesson 5 - Objective</b>  <b>To know how to be a good friend and enjoy healthy relationships</b>            Brain breaks and age restrictions</p>	<p><b>Lesson 6 - Objective</b>  <b>To know how to keep calm and deal with difficult situations</b>            Who helps us to stay healthy? The importance of doctor and dentist visits to help us stay healthy.</p>
-------------------	---	---	---	--	--	---	--

## Healthy Me Spring 2 EYFS to Year 6

<p>Year 3</p>	<p>To recognise a stereotype.</p>	<p><b>Lesson 1 – Being fit and healthy</b>  <b>Objective</b>  <b>To make a healthy choice</b>  <b>Learning Intention</b>          I understand how exercise affects my body and know why my heart and lungs are such important organs.  <b>Social and emotional objective</b>          I can set myself a fitness challenge.</p>	<p><b>Lesson 2 – Being fit and healthy</b>  <b>Objective</b>  <b>To understand what a healthy, balanced diet is</b>  <b>Learning Intention</b>          I know that the amount of calories, fat and sugar I put into my body will affect my health.  <b>Social and emotional objective</b>          I know what it feels like to make a healthy choice.</p>	<p><b>Lesson 3 – What do I know about drugs?</b>  <b>Objective</b>  <b>To understand the importance of being physically active</b>  <b>Learning Intention</b>          I can tell you my knowledge and attitude towards drugs.  <b>Social and emotional objective</b>          I can identify how I feel towards drugs.  <b>CONSENT</b></p>	<p><b>Lesson 4 – Being safe</b>  <b>Objective</b>  <b>To know how to keep myself and others safe</b>  <b>Learning Intention</b>          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.  <b>Social and emotional objective</b>          I can express how being anxious or scared feels.  <b>CONSENT</b></p>	<p><b>Lesson 5- Safe or unsafe</b>  <b>Objective</b>  <b>To know how to be a good friend and enjoy healthy relationships</b>  <b>Learning Intention</b>          I can identify when something feels safe or unsafe.  <b>Social and emotional objective</b>          I can take responsibility for keeping myself and others safe.  <b>CONSENT</b></p>	<p><b>Lesson 6 – My amazing body</b>  <b>Objective</b>  <b>To know how to keep calm and deal with difficult situations</b>  <b>Learning Intention</b>          I understand how complex my body is and how important it is to take care of it.  <b>Social and emotional objective</b>          I respect my body and appreciate what it does for me.</p>
-------------------	-----------------------------------	--	---	---	--	--	--

## Healthy Me Spring 2 EYFS to Year 6

<p>Year 4</p>	<p>To find common ground.</p>	<p><b>Lesson 1 – My friends and me and Group dynamics</b> <b>Objective</b> <b>To make a healthy choice</b> <b>Learning Intention</b> 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. <b>Social and emotional objective</b> 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><b>Lesson 2 – Healthy teeth and gums</b> <b>Objective</b> <b>To understand what a healthy, balanced diet is</b> <b>Learning Intention</b> I can identify different ways that I can take care of my oral hygiene and why this is important. <b>Social and emotional objective</b> I can recognise that the lifestyle choices people can make can have an impact on dental health.</p>	<p><b>Lesson 3 - Smoking</b> <b>Objective</b> <b>To understand the importance of being physically active</b> <b>Learning Intention</b> I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. <b>Social and emotional objective</b> 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. <b>CONSENT</b></p>	<p><b>Lesson 4 - Alcohol</b> <b>Objective</b> <b>To know how to keep myself and others safe</b> <b>Learning Intention</b> I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. <b>Social and emotional objective</b> 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. <b>CONSENT</b></p>	<p><b>Lesson 5 – Healthy friendships</b> <b>Objective</b> <b>To know how to be a good friend and enjoy healthy relationships</b> <b>Learning Intention</b> I can recognise when people are putting me under pressure and can explain ways to resist this when I want. <b>Social and emotional objective</b> I can identify feelings of anxiety and fear associated with peer pressure. <b>CONSENT</b></p>	<p><b>Lesson 6 – Celebrating My Inner Strength and Assertiveness</b> <b>Objective</b> <b>To know how to keep calm and deal with difficult situations</b> <b>Learning Intention</b> I know myself well enough to have a clear picture of what I believe is right and wrong. <b>Social and emotional objective</b> I can tap into my inner strength and know how to be assertive. <b>CONSENT</b></p>
-------------------	-------------------------------	---	---	---	--	---	--

## Healthy Me Spring 2 EYFS to Year 6

<p>Year 5</p>	<p>To recognise when someone needs help.</p>	<p><b>Lesson 1 - Smoking</b>  <b>Objective</b>  <b>To make a healthy choice</b>  <b>Learning Intention</b>          I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.  <b>Social and emotional objective</b>          I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.  <b>CONSENT</b></p>	<p><b>Lesson 2 - Alcohol</b>  <b>Objective</b>  <b>To understand what a healthy, balanced diet is</b>  <b>Learning Intention</b>          I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.  <b>Social and emotional objective</b>          I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure.  <b>CONSENT</b></p>	<p><b>Lesson 3 –</b>  <b>Emergency aid</b>  <b>Objective</b>  <b>To understand the importance of being physically active</b>  <b>Learning Intention</b>          I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations.  <b>Social and emotional objective</b>          I know how to keep myself calm in emergencies.</p>	<p><b>Lesson 4 – Body image</b>  <b>Objective</b>  <b>To know how to keep myself and others safe</b>  <b>Learning Intention</b>          I understand how the media, social media and celebrity culture promotes certain body types.  <b>Social and emotional objective</b>          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><b>Lesson 5 – My relationship with food</b>  <b>Objective</b>  <b>To know how to be a good friend and enjoy healthy relationships</b>  <b>Learning Intention</b>          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.  <b>Social and emotional objective</b>          I respect and value my body.</p>	<p><b>Lesson 6 – Healthy me</b>  <b>Objective</b>  <b>To know how to keep calm and deal with difficult situations</b>  <b>Learning Intention</b>          I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy.  <b>Social and emotional objective</b>          I am motivated to keep myself healthy and happy.</p>
-------------------	--	---	--	---	--	---	---

## Healthy Me Spring 2 EYFS to Year 6

<p>Year 6</p>	<p>To consider causes of racism.</p>	<p><b>Lesson 1 – Taking responsibility for my health and wellbeing</b>  <b>Objective</b>  <b>To make a healthy choice</b>  <b>Learning Intention</b>          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)  <b>Social and emotional objective</b>          I am motivated to care for my physical and emotional health.  <b>CONSENT</b></p>	<p><b>Lesson 2 - Drugs</b>  <b>Objective</b>  <b>To understand what a healthy, balanced diet is</b>  <b>Learning Intention</b>          I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.  <b>Social and emotional objective</b> I am motivated to find ways to be happy and cope with life's situations without using drugs.  <b>CONSENT</b></p>	<p><b>Lesson 3 – Exploitation and Gangs</b>  <b>Objective</b>  <b>To understand the importance of being physically active</b>  <b>Learning Intention</b>          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.  <b>Social and emotional objective</b>          I can suggest ways that someone who is being exploited can help themselves.          I can suggest strategies someone could use to avoid being pressurised.  <b>CONSENT</b></p>	<p><b>Lesson 4 -</b>  <b>Objective</b>  <b>To know how to keep myself and others safe</b></p> <p>The facts and science relating to allergies, immunisation and vaccination.  <b>CONSENT</b></p>	<p><b>Lesson 5 – Emotional and mental health</b>  <b>Objective</b>  <b>To know how to be a good friend and enjoy healthy relationships</b>  <b>Learning Intention</b>          I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness.  <b>Social and emotional objective</b>          I know how to help myself feel emotionally healthy and can recognise when I need help with this.</p>	<p><b>Lesson 6 – Managing stress and pressure</b>  <b>Objective</b>  <b>To know how to keep calm and deal with difficult situations</b>  <b>Learning Intention</b>          I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.  <b>Social and emotional objective</b>          I can use different strategies to manage stress and pressure.  <b>CONSENT</b></p>
-------------------	--------------------------------------	---	--	--	---	---	--