

## Term 3- Health and Wellbeing

### Y1

Week 1	Revise group agreement or class rules for RHE	
Week 2	Healthy eating and the importance of exercise	
Week 3	How much sleep should I have and why?	
Week 4	Dental hygiene- transition from baby to adult teeth	
Week 5	Understand that hand-washing is to protect other people as well as themselves- spread of germs.	
Week 6	What are my strengths and how can I set myself a new goal?	
Week 7	How to cope with change and loss- feelings when moving house, moving school, bereavement, losing a toy	
Week 8	How to cope with change and loss- feelings when moving house, moving school, bereavement, losing a toy	
Week 9	Recognising that some household products, including medicines, can be dangerous if not used properly. Discuss how medicines should be stored at home.	
Week 10	Who cares for me in my life? How do they show me they care?	
Week 11	What does good care look like and who can I talk to if there's something I'm worried about?	

## Term 3- Health and Wellbeing

Y2

Week 1	Revise group agreement	
Week 2	Making healthy lifestyle choices- physical	
Week 3	Making healthy lifestyle choices- emotional	
Week 4	Widen vocabulary to describe feelings- both good and not so good.	
Week 5	Understand that feelings are all normal and might differ from each other- strategies for how to cope with negative feelings.	
Week 6	How do people's needs changes as they get older?	
Week 7	Extend children's knowledge of body parts.	
Week 8	Road and bike safety. (include car seats and seatbelt/capacity of cars)	
Week 9	Water safety	
Week 10	Fire safety	
Week 11	What is meant by privacy? When might people want privacy? Importance of respecting others' privacy.	

## Term 3- Health and Wellbeing

### Y3

Week 1	Revise group agreement	
Week 2	What is a habit? Recognising that some habits are hard to break.	
Week 3	Setting high aspirations and steps to reach them.	
Week 4	What are conflicting emotions? How do we recognise them and overcome them?	
Week 5	Health and safety rules in school & who helps to keep us safe and healthy	
Week 6	Basic first aid- recovery position, importance of stopping bleeds and how to bandage.	
Week 7	What positively and negatively affects our physical and mental health?	
Week 8	Know that substances like drugs, alcohol, tobacco and energy drinks can damage their immediate health and safety, and that some are illegal.	
Week 9	Know that substances like drugs, alcohol, tobacco and energy drinks can damage their immediate health and safety, and that some are illegal.	
Week 10	What are bacteria and viruses? Know simple ways to stop their spread.	
Week 11	Why protect personal information online? How can we do that?	

## Term 3- Health and Wellbeing

### Y4

Week 1	Revise group agreement	
Week 2	What positively affects my mental health?	
Week 3	What negatively affects my mental health and how can I avoid/ change it?	
Week 4	What are conflicting emotions? How do we recognise them and overcome them?	
Week 5	Health and safety rules in school & who helps to keep us safe and healthy	
Week 6	Basic first aid- recovery position, importance of stopping bleeds and how to bandage.	
Week 7	What choices can I make to live a balanced, healthy life?	
Week 8	Know that substances like drugs, alcohol, tobacco and energy drinks can damage their immediate health and safety, and that some are illegal.	
Week 9	What is a balanced diet and why is it important?	
Week 10	What are bacteria and viruses? Know simple ways to stop their spread.	
Week 11	Why protect personal information online? How can we do that?	

## Term 3- Health and Wellbeing

Y5

Week 1	Revise group agreement	
Week 2	What positively and negatively affects my <b>physical</b> health?	
Week 3	What positively and negatively affects my <b>mental</b> health?	
Week 4	What positively and negatively affects my mental health?- focus on media and internet	
Week 5	How do I resist pressure to do something dangerous, unhealthy or illegal?	
Week 6 and 7	Know that substances like drugs, alcohol, tobacco and energy drinks can damage their immediate health and safety. Know that some are legal, some restricted and some illegal to buy, own or supply to others.	
Week 8	Physical and emotional changes during puberty (covered in science)	
Week 9	Develop techniques to resist pressure to do something unhealthy, dangerous, makes us uncomfortable or we think is wrong.	
Week 10	What do we mean by sexual harassment and violence?	
Week 11	Know the difference between the terms 'risk', 'danger' and 'hazard'.	

# Term 3- Health and Wellbeing

## Y6

Week 1	Revise group agreement	
Week 2	Recognise that increased independence brings increased responsibility	
Week 3	Recognise that images seen in the media don't always reflect reality and can adversely affect people's mental health and expectations.	
Week 4 & 5	Physical and emotional changes during puberty- (overlaps science unit) Taking care of our body. Including menstrual wellbeing.	
Week 6	The roles and responsibilities of parents	
Week 7	Understand the right to protect their own bodies- consent	
Week 8	I understand the importance of choices I can make about my health.	
Week 9	How pressure to behave in unacceptable, risky or unhealthy ways can come from a variety of sources including people they know, media and online.	
Week 10	Strategies to avoid peer pressure	
Week 11	Moving on – transition booklet	
Week 12	Moving on – transition booklet	