

**Health and Wellbeing: Physical Health and Mental Wellbeing**

	Lesson 1	Lesson 2	Lesson 3	Lesson 4
<b>NURSERY</b> Healthy foods, personal hygiene, exercise	<b>I am learning about food and drink that keep people healthy</b> Know some food and drinks that are good for keeping people healthy Know some food and drinks that are not healthy Know it is important to eat and drink healthy foods	<b>I am learning how to keep myself clean</b> Explain why it is important to keep our hands clean Know how to wash my hands	<b>I am learning about how being active can keep people healthy</b> Name some activities that will keep me active Describe some things that happen to someone's body when they are physical active	<b>I am learning how to keep safe in the sun</b> Know that being in the sun is good and bad for our health Identify different ways to protect our skin in the sun
<b>RECEPTION</b> Healthy foods, personal hygiene, importance of sleep, and exercise	<b>I am learning about food and drink that keep people healthy</b> Know some food and drinks that are good for keeping people healthy Know some food and drinks that are not healthy Explain who can help us with healthy food choices	<b>I am learning how to keep myself clean</b> Explain why it is important to keep clean Know how to wash my hands Know why it is important to wash my hands	<b>I am learning about things that will help me to fall asleep and get a good night's sleep</b> Describe some reasons why sleep is important Recognise some things that may be stopping us getting to sleep Identify some things that might help us get to sleep	<b>I am learning about how being active can keep people healthy</b> Identify some ways to be active everyday Describe some things that happen to someone's body when they are physical active Explain who can help with physical activity, and who to ask for support with this
<b>YEAR 1</b> Keeping healthy, food and exercise, hygiene routines, sun safety	<b>I am learning about food and drink that keep people healthy</b> Identify what being healthy means and what helps people to be healthy Describe some food and drinks that are good for keeping people healthy Recognize when we can make choices about what to eat and drink Explain who can help us with healthy food choices	<b>I am learning about how being active can keep people healthy</b> Identify some ways to be active everyday Describe some things that happen to someone's body when they are physical active Recognize when we can make choices about physical activity Explain who can help with physical activity, and who to ask for support with this	<b>I am learning how to keep safe in the sun</b> 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 Give examples of what can be used to provide protection from the sun	<b>I am learning how to take care of my needs</b> Name the objects that are used to help keep someone clean and healthy Explain why it is important to keep clean Explain what to do if someone says mean things about someone's body Know which things I can do for myself and which things I am learning to do
<b>Resources</b>	PSHE>Teaching Resources>Physical health and mental wellbeing> Year 1> Healthy Eating	PSHE>Teaching Resources>Physical health and mental wellbeing> Year 1> Physical Activity	PSHE>Teaching Resources>Physical health and mental wellbeing> Year 1> Sun Safety	Yasmin and Tom>Keeping clean and taking care of myself
<b>YEAR 2</b> Why sleep is important, medicines and keeping healthy, keeping teeth healthy, managing feelings and asking for help	<b>I am learning how to keep my teeth healthy</b> Identify food and drink with different sugar content Describe how to clean teeth properly Recognize who can help with keeping teeth healthy	<b>I am learning about things that will help me to fall asleep and get a good night's sleep</b> Describe some reasons why sleep is important Recognize some things that may be stopping us getting to sleep and ideas to manage them Identify some things that might help us get to sleep	<b>I am learning about medicines, and the people who help me to stay healthy</b> Identify what can make people feel better if not feeling well Explain that medicines come in different forms and are used in different ways Recognize that some medicines, such as vaccinations, can help prevent illness and disease and that some people need to take medicines every day to help them stay healthy Identify who helps people to stay healthy and what they can do	<b>I am learning about different kinds of change and how change can affect people</b> Recognize what change means Identify different changes that people might experience Recognize the relationship between change and loss Describe how change and loss might affect people and who can help them
<b>Resources</b>	PSHE>Teaching Resources>Physical health and mental wellbeing> Year 2> Oral health	PSHE>Teaching Resources>Physical health and mental wellbeing> Year 2> Sleep	PSHE>Teaching Resources>Physical health and mental wellbeing> Year 2> Drugs and Alcohol lesson plans lesson 2	PSHE>Teaching Resources>Physical health and mental wellbeing> Year 2> Change and Loss