



PSHE – Healthy Me Unit – Overview Year Group by Year Group

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Lesson coverage	<p>I understand that I need to exercise to keep my body healthy</p> <p>I understand how moving and resting are good for the body.</p> <p>I know which foods are healthy and can make healthy eating choices.</p> <p>I know how to help myself to go to sleep and understand why sleep is good for me.</p> <p>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>I know what a stranger is and how to stay safe if a stranger approaches me.</p>	<p>I know the difference between being healthy and unhealthy and know some ways to keep myself healthy.</p> <p>I know how to make healthy lifestyle choices.</p> <p>I know how to keep myself healthy and clean, and understand how germs can cause disease/illness.</p> <p>I know that all household products including medicines can be harmful if not used properly.</p> <p>I understand that medicines can help me if I feel poorly and I know how to use them safely.</p> <p>I know how to keep safe when crossing the road, and about people who can help me to stay safe.</p> <p>I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy.</p>	<p>I know what I need to keep my body healthy.</p> <p>I can show or tell you what relaxed means and I know some things that make me feel relaxed and some things that make me feel stressed.</p> <p>I understand how medicines work in my body and how important it is to use them safely.</p> <p>I can sort foods into the correct food groups and know which foods my body needs food every day to keep me healthy.</p> <p>I can make some healthy snacks and explain why they are good for my body.</p> <p>I can decide which foods to eat to give my body energy.</p>	<p>I understand how exercise affects my body and why my heart and lungs are such important organs.</p> <p>I know that the amount, of calories, fat and sugar I put into my body will affect my health.</p> <p>I can tell you my knowledge and attitude towards drugs.</p> <p>I can identify people, places and things that I need to keep safe from and can tell you some strategies for keeping myself safe including who to go to for help.</p> <p>I can identify when something feels safe or unsafe.</p> <p>I understand how complex my body is and how important it is to take care of it.</p>	<p>I recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>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.</p> <p>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.</p> <p>I understand the facts about alcohol and its effect on health, particularly the liver and also some of the reasons people drink alcohol.</p> <p>I can recognise when people are putting me under pressure and can explain ways to resist this when I want.</p> <p>I know myself well enough to have a clear picture of what I believe is right and wrong.</p>	<p>I know health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.</p> <p>I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in an emergency.</p> <p>I understand how the media, social media and celebrity culture promotes certain body types.</p> <p>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.</p> <p>I know what makes a healthy lifestyle including healthy eating and the choice I need to make to be healthy and happy.</p>	<p>I can take responsibility for my health and make choices that benefit my health and well-being.</p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart.</p> <p>I understand that some people can be exploited and made to do things that are against the law.</p> <p>I know why some people join gangs and the risks this involves.</p> <p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health issues.</p> <p>I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p>