



Health education

	Year 3	Year 4	Year 5	Year 6
Health Education (physical health and mental wellbeing)				
Mental wellbeing				
that mental wellbeing is a normal part of daily life, in the same way as physical health.	Spring 2 lesson 2 Summer 2 lesson 1 Lesson 2 lesson 5		Autumn 2 lesson 6 Summer 2 lesson 1 Lesson 2 Lesson 3 Lesson 6	
that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Spring 2 lesson 2 Summer 2 lesson 3		Spring 2 lesson 1 Lesson 2 Lesson 6	Summer 2 lesson 2
how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	Spring 2 lesson 1 Summer 2 lesson 2		Spring 2 lesson 1 Lesson 2 Lesson 3 Lesson 4 Summer 2 lesson 1	Autumn 1 lesson 2 Summer 2 lesson 2
how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.			Autumn 2 lesson 6 Spring 2 lesson 2	



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the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	Summer 2 lesson 1 Lesson 2 Lesson 5		Autumn 2 lesson 6	
simple self-care techniques, including the impact of rest, time spent with friends and family and the benefits of hobbies and interests.	Summer 2 lesson 1 Lesson 3 Lesson 5		Autumn 2 lesson 6 Summer 2 lesson 2 Lesson 5	
isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Summer 2 lesson 2 Lesson 3		Summer 2 lesson 3	
that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.		Autumn 1 lesson 2 Lesson 5 Spring 2 lesson 2 Lesson 5	Autumn 1 lesson 5	Spring 2 lesson 5
where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	Summer 2 lesson 1 Lesson 3		Spring 2 lesson 3 Summer 2 lesson 3	



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it is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if accessed early enough	Summer 2 lesson 1 Lesson 3		Spring 2 lesson 3 Summer 2 lesson 3	
Health Education (physical health and mental wellbeing)				
Internet safety and harms				
that for most people the internet is an integral part of life and has many benefits.		Spring 2 lesson 1		Spring 2 lesson 1 Lesson 4
about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing		Spring 2 lesson 1		Spring 2 lesson 1 Summer 2 lesson 3
how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private				Autumn 1 lesson 2 Spring 2 lesson 2 Lesson 3 Lesson 6



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why social media, some computer games and online gaming, for example, are age restricted.		Autumn 2 lesson 1 Spring 2 lesson 6		Spring 2 lesson 2
that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.		Spring 2 lesson 1 Lesson 5		Spring 2 lesson 1 Lesson 3 Lesson 4 Lesson 5 Lesson 6 Summer 2 lesson 3
how to be a discerning consumer of information, including that from search engines is ranked, selected and targeted		Spring 2 lesson 5		Spring 2 lesson 4
where and how to report concerns and get support with issues online				Spring 2 lesson 2 Lesson 3 Lesson 4 Lesson 6
Health Education (physical health and mental wellbeing)				
Physical health and fitness				
the characteristics and mental and physical benefits of an active lifestyle.	Autumn 2 lesson 2		Autumn 2 lesson 2 Lesson 6	



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the importance of building regular exercise into daily and weekly routines and how to achieve this, for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.	Autumn 2 lesson 3		Autumn 2 lesson 2 Lesson 6 Summer 2 lesson 1 Lesson 2 Lesson 5	
the risks associated with an inactive lifestyle (including obesity).	Autumn 2 lesson 2		Autumn 2 lesson 2 Lesson 6	
how and when to seek support including which adults to speak to in school if they are worried about their health	Autumn 2 lesson 4		Autumn 2 lesson 6 Summer 2 lesson 3	
Health Education (physical health and mental wellbeing)				
Healthy eating				
what constitutes a healthy diet (including understanding calories, and nutritional content).	Autumn 2 lesson 6		Autumn 2 lesson 3 Lesson 6	
the principles of planning and preparing a range of healthy meals.			Autumn 2 lesson 3	
the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay)	Autumn 2 lesson 2		Autumn 2 lesson 6	



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and other behaviours (e.g. the impact of alcohol on diet or health).				
Health Education (physical health and mental wellbeing)				
Drugs, alcohol and tobacco				
the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	Autumn 2 lesson 5	Autumn 2 lesson 5	Autumn 2 lesson 4	
Health Education (physical health and mental wellbeing)				
Health and prevention				
how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	Autumn 2 lesson 4			
about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Autumn 2 lesson 6		Autumn 2 lesson 3	
the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Autumn 2 lesson 3		Autumn 2 lesson 2	



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about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Autumn 2 lesson 2 Lesson 6		Autumn 2 lesson 3	
about personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing.	Autumn 2 lesson 4		Autumn 2 lesson 3	
The facts and science relating to allergies, immunisation and vaccination.**			Autumn 2 lesson 3	
Health Education (physical health and mental wellbeing)				
Basic first aid				
know how to make a clear and efficient call to emergency services if necessary.		Autumn 2 lesson 6		Autumn 2 lesson 4
concepts of basic first-aid, for example dealing with common injuries, including head injuries.		Autumn 2 lesson 6		Autumn 2 lesson 4
Health Education (physical health and mental wellbeing)				
Changing adolescent body				



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key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.		Summer 2 lesson 2 Lesson 3 Lesson 4		Summer 2 lesson 1
about menstrual wellbeing including the key facts about the menstrual cycle		Summer 2 lesson 3		Summer 2 lesson 1 Lesson 2