

Lesson number and title	Strand	Objectives	Overview
1. Things that keep us healthy	Health Education	To know the facts and science relating to allergies, immunisation and vaccination. To know the characteristics and mental and physical benefits of an active lifestyle.	Pupils look at how doctors and nurses give us the best care, including making sure we are protected against diseases with vaccinations. They learn what doctors and nurses do to help us keep physically and mentally healthy, as well as when we feel ill.
2. Keeping ourselves healthy	Health Education	To know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. To know 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. To understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	This lesson is the second part of the survey looking at exercise and active lifestyles across the school. As a class they look at the survey sheets and bring the results together. Pupils decide what they think of the results and whether they think this is a healthy school or could do better, explaining why. They then look back at the Year 2 survey and ask the same questions. They design 'A healthy day in the life of...' to begin to consider healthier choices for themselves and therefore a healthier life.
3. Keeping healthy, keeping clean	Health Education	To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	Pupils learn about germs and viruses and how they can be easily spread. They learn practical skills about how to stop the spread of illnesses and how to keep themselves healthy by having good handwashing habits and knowing what to do when sneezing or coughing.
4. My body, my voice	Relationships Education	To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. To understand the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Pupils are taught the difference between appropriate and inappropriate physical contact. They learn the correct names for body parts, including private parts, so that they can accurately describe what is happening to a trusted adult. They learn that their body belongs to them and it is ok to say no if they don't like the way someone is touching them, especially their private parts. They learn who they can talk to if this happens, that it is not their fault and they won't get in trouble.