

Lesson number and title	Strand	Objectives	Overview
1. Keeping fit is fun!	Health Education	To understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. To know the characteristics and mental and physical benefits of an active lifestyle.	Pupils have fun with exercise, and in the process they learn how a pumping heart helps to keep a body healthy. They learn the basics of what a heart does, compare a resting heart to an exercising heart, and learn about how much exercise we need each day to stay healthy.
2. Sweets!	Health Education	To know what constitutes a healthy diet (including understanding calories and other nutritional content). To know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	This lesson looks at health and dental health, focusing on sugar. Pupils consider the damage too much sugar can do to our dental health. They learn three simple things they can do – eat less sugar, clean their teeth morning and night for 2–3 minutes and visit the dentist twice a year. They learn a song to help them brush correctly and understand how long they should brush for.
3. How can being online be unhealthy?	Health Education	To know 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. To know where and how to report concerns and get support with issues online. To learn about how the internet and digital devices can be used safely to find things out and to communicate with others. To learn about the role of the internet in everyday life. To learn that not all information seen online is true.	Pupils revisit previous learning about the heart. They learn that too much rest is not healthy but some rest like sleep is really important. The issues of being online too much are considered, and mental health implications are discussed alongside physical health. Pupils learn what to do if they see something they don't like online.

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4. Keeping safe in the sun	Health Education	To know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. 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 be able to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	The class considers why being out in the sun is good and when it might not be so good. Pupils learn about sunburn and heat exhaustion/heatstroke, looking at the symptoms. They learn how to recognise these signs and understand the steps needed to keep safe and healthy in the sun. They show what they have learned through drama.