

Year 1

Week 1: Being healthy
Week 2: Healthy choices
Week 3: Clean and healthy
Week 4: Medicine safety
Week 5: Road safety

Year 2

Week 1: Being healthy
Week 2: Being relaxed
Week 3: Medicine safety
Week 4 & 5: Healthy eating

Year 3

Week 1 & 2: Being fit and healthy
Week 3: What do I know about drugs?
Week 4: Being safe
Week 5: Safe or unsafe



Spring 2 Healthy Me

Year 4

Week 1: My friends and me
Week 2: Group dynamics
Week 3: Smoking
Week 4: Alcohol
Week 5: Healthy friendships

Year 5

Week 1: Smoking
Week 2: Alcohol
Week 3: Emergency aid
Week 4: Body image
Week 5: My relationship with food

Year 6

Week 1: Taking responsibility for my health and wellbeing / Managing stress and pressure
Week 2: Drugs
Week 3: Exploitation
Week 4: Gangs
Week 5: Emotional and mental health

Week 1

Lesson aim:

Being healthy

Vocab:

Healthy
Unhealthy
Balanced
Exercise
Sleep

Week 2

Lesson aim:

Healthy choices

Vocab:

Healthy
Unhealthy
Balanced
Exercise
Sleep
Choices

Week 3

Lesson aim:

Clean and healthy

Vocab:

Healthy Germs
Clean Virus
Body parts
Toiletry items e.g.
toothbrush, shampoo
Hygienic
Safe

Resources to help support learning at home:

Book list

Title	Author	Summary
Healthy me: Eating well	Katie Woolley	Non-fiction book about healthy eating
The Couch Potato	Jory John	The message of this story aims to encourage children to balance screen time and playtime/fresh air
All the Nonsense in my teeth	Mike Henson and Barbara Bakos	Encourages good personal hygiene and following a daily routine.
Healthy me: Keeping clean	Katie Woolley	Non-fiction book about why it is important to keep clean



Year 1 Spring 2 Healthy Me

Week 4

Lesson aim:

Medicine safety

Vocab:

Medicines
Healthy
Unhealthy
Trust
Safe

Week 5

Lesson aim:

Road safety

Vocab:

Safe Look
Safety Listen
Green cross code
Eyes Wait
Ears

Websites

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwtv>

<https://www.healthforkids.co.uk/staying-healthy/> - please check your child access the information appropriate to their age when using this resource

Week 1

Lesson aim:

Being healthy

Vocab:

Healthy choices

Lifestyle

Motivation

Week 2

Lesson aim:

Being relaxed

Vocab:

Relax

Relaxation

Tense

Calm

Stress

Week 3

Lesson aim:

Medicine safety

Vocab:

Healthy

Unhealthy

Dangerous

Medicines

Safe

Body

Resources to help support learning at home:

Book list

Title	Author	Summary
Healthy me: Eating well	Katie Woolley	Non-fiction book about healthy eating
The Couch Potato	Jory John	The message of this story aims to encourage children to balance screen time and playtime/fresh air
All the Nonsense in my teeth	Mike Henson and Barbara Bakos	Encourages good personal hygiene and following a daily routine.
Healthy me: Keeping clean	Katie Woolley	Non-fiction book about why it is important to keep clean

Websites

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwtv>

<https://www.healthforkids.co.uk/staying-healthy/> - please check your child access the information appropriate to their age when using this resource



Year 2 Spring 2 Healthy Me

Week 4 & 5

Lesson aim:

Healthy Eating

Vocab:

Healthy Nutritious

Unhealthy

Balanced diet

Portion

Proportion

Energy

Fuel

Week 1 & 2

Lesson aim:

Being fit and healthy

Vocab:

Oxygen Labels
Energy Sugar
Calories/kilojoules
Heartbeat Fat
Lungs Unsaturated fat
Heart
Fitness

Week 3

Lesson aim:

What do I know about drugs?

Vocab:

Healthy
Drugs
Attitude

Week 4

Lesson aim:

Being safe

Vocab:

Safe Fire engine
Anxious Police car
Scared Coastguard
Strategy Ambulance
Advice
Dangerous
Emergency
Emergency services

Resources to help support learning at home:

Book list

Title	Author	Summary
Super Foods for Super Kids cookbook	Noelle Martin	An informative and fun way to introduce KS2 children to healthy cooking and a sensible diet.
Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.

Year 3 Spring 2 Healthy Me



Week 5

Lesson aim:

Safe or unsafe

Vocab:

Safe
Harmful
Risk
Feelings

Websites

<https://www.bbc.co.uk/bitesize/articles/zppvv4j>

<https://www.foodfactoflife.org.uk/7-11-years/healthy-eating-7-11-years/>

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-how-to-make-an-emergency-call/zg3pxbk>

Week 1

Lesson aim:

My friends and me

Vocab:

Friendships
Emotions
Healthy
Relationships
Friendship groups
Value

Week 2

Lesson aim:

Group dynamics

Vocab:

Friendship groups
Roles
Leader
Follower
Assertive
Agree/disagree

Week 3

Lesson aim:

Smoking

Vocab:

Smoking
Vaping
Pressure
Peers
Guilt
Advice



Year 4 Spring 2 Healthy Me

Week 4

Lesson aim:

Alcohol

Vocab:

Alcohol
Liver
Disease

Week 5

Lesson aim:

Healthy friendships

Vocab:

Pressure
Peers
Anxiety
Fears

Resources to help support learning at home:

Book list

Title	Author	Summary
Super Foods for Super Kids cookbook	Noelle Martin	An informative and fun way to introduce KS2 children to healthy cooking and a sensible diet.
Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.

Websites

<https://www.bbc.co.uk/bitesize/articles/zppvv4j>

<https://www.foodafactoflife.org.uk/7-11-years/healthy-eating-7-11-years/>

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-how-to-make-an-emergency-call/zg3pxbk>

Week 1

Lesson aim:

Smoking

Vocab:

Choices
Healthier behaviour
Less healthy behaviour
Informed decision
Pressure
Media
Influence
Vaping

Week 2

Lesson aim:

Alcohol

Vocab:

Choices
Healthy behaviour
Unhealthy behaviour
Informed decision
Pressure
Media
Influence

Week 3

Lesson aim:

Emergency aid

Vocab:

Emergency
Procedure
Recovery position
Calm
Level-headed

Resources to help support learning at home:

Book list

Title	Author	Summary
Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
All bodies are wonderful	Beth Cox	This book will help children to be themselves and feel like they belong. From the atoms that made them to the things that bodies can do, ALL bodies are wonderful.
See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.
All the things that could go wrong	Stewart Foster	An absorbing story about bullying and friendships. It also touches on mental health.



Year 5 Spring 2 Healthy Me

Week 4

Lesson aim:

Body image

Vocab:

Body image
Media
Social media
Celebrity
Altered
Self-respect
Comparison

Week 5

Lesson aim:

My relationship with food

Vocab:

Body image
Informed decisions/choices
Pressure

Websites:

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2--ks3-how-to-make-an-emergency-call/zg3pzbk>

<https://www.youtube.com/watch?v=GmqXqwSV3bo>

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week/zk37bdm>

Week 1

Lesson aim:

Taking responsibility for my health and wellbeing/ Managing stress and pressure

Vocab:

Responsibility Strategies
Choice Pressure
Immunisation
Prevention
Stress
Triggers

Week 2

Lesson aim:

Drugs

Vocab:

Drugs Illegal
Effects Motivation
Prescribed Unrestricted
Over-the-counter
Restricted
Volatile substances
Synthetic highs
New psychoactive substances

Week 3

Lesson aim:

Exploitation

Vocab:

Exploited
Vulnerable
Drugs
Criminal
Illegal
Gangs



Year 6 Spring 2 Healthy Me

Week 4

Lesson aim:

Gangs

Vocab:

Gang
Pressure
Strategies
Reputation
Anti-social behaviour
Crime
Illegal

Week 5

Lesson aim:

Emotional and mental health

Vocab:

Mental health
Emotional health
Mental illness
Symptoms

Resources to help support learning at home:

Book list

Title	Author	Summary
Growing friendships	Dr. Eileen Kennedy-Moore	Non-fiction guide for children on how to make and keep friends.
All bodies are wonderful	Beth Cox	This book will help children to be themselves and feel like they belong. From the atoms that made them to the things that bodies can do, ALL bodies are wonderful.
See inside your body	Katie Daynes	Non-fiction text allowing children to discover the inner workings of the human body.
All the things that could go wrong	Stewart Foster	An absorbing story about bullying and friendships. It also touches on mental health.

Websites:

<https://www.bbc.co.uk/bitesize/topics/zcyydm/articles/zk784xs>

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week/zk37bdm>