**Being My Best**

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| **National Curriculum** | **Year R** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Pupils will learn: | Children will know (how to)/be able to: |
| **1.** What constitutes a healthy diet (including understanding calories and other nutritional content). **2**. The principles of planning and preparing a range of healthy meals. **3.** The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).**4.** The characteristics and mental and physical benefits of an active lifestyle. **5**. How and when to seek support including which adults to speak to in school if they are worried about their health.**6.** How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. **7**. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. **8.** The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. **9.** About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. **10.** About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. **11**. The facts and science relating to allergies, immunisation and vaccination.**12**.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.  | **Managing Self ELG** \*Be confident to try new activities and show independence, resilience and perseverance in the face of challenge; - Explain the reasons for rules, know right from wrong and try to behave accordingly; - Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices. **Self-Regulation ELG** - \*Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly; - Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate; - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.  | \*Recognise what I can do if I find something difficult\*Know why certain foods are healthy and why it’s important to eat at least five portions of vegetables/fruit a day. | \*Name different parts of my body that are *inside* me and help to turn food into energy. \*Explain how setting a goal will help me to achieve what I want to be able to do. | \*Recognise a skill or talent that I’ve developed and the goal-setting that I’ve already done (or plan to do) in order to improve it. \*Give a few examples of things that I can take responsibility for in relation to my healthy and give an example of something that I’ve done which shows this. | \*Give examples of different things that I do already that help to me keep healthy. \*Give examples of some of the things that I do already to help look after my environment.  | \*Give an example of when I have had increased independence and how that has also helped me to show responsibility.\*Name several qualities that make people attractive that are nothing to do with how they look, but about how they behave. | \*Describe how I can overcome problems and challenges on the way to achieving my goals.\*I can identify high and low risk situations. |
| **Vocabulary** |
| Children will recall and verbalise: |
|  | bounce back try food routineencourage energy exercise heart calmtry again grow musclessleep healthy wash fruitvegetable energy dairy grow  | Starchyhealthy germs learning praise behaviourdairy fruit disease practice support consequencesprotein vegetables hygiene make mistakes feedback special personfruit dairy spread confidence encourage promisevegetables meat achievement feelings vitamins sugar portion salt cereal  | practiceencouragegoalachievechallengechoosechoiceshealthyunhealthyvaccinationinjectiondiseasehygienegermsteethdentalhygieneoxygenwaterfoodexerciserestbrainheartlungsstomachsmall intestinelarge intestinefoodwater | balanced dietproteinsmusclesdairyteethbonesstarchy carbohydratesenergyfruit & veghealthyinfectioncleanlinesshygienerestsleepwatermedicinedrugdosesafetyinstructionsdebatediscussioncontinuumcourteousrespectfuljustifygoalsambitionsimproveachievecollaborationcooperationteamworkgoal-settingtalentsskillsintelligence  | individualuniquechoicesbalanced dietwellbeingmental healthrefusereducere-userotrecyclerepairre-thinkcommunityfirst aidinjuryminoraccidentemergencybloodnose bleedchokingbreathingairwayunresponsivecasualtyburnscaldwoundrecovery | healthy choicesorgansbody systemsperseverencecommitmentresiliencedetermintionpatienceinterpersonal skillscommunityschool communityindependenceresponsibiltypersonal qualitiescelebrities | wellbeingconnectbe activetake notice (mindful)keep learning (get creative)giveaspirationsgoal settingperseverancehealthwellbeingaccuratereliablesourcesassessing riskweigh updilemmaassessing riskweigh upchoicesinfluenceRed Crossfirst aidemergency999ambulanceoperatorinformationseriousadultscenarioscriptrolefeelingspanic calmresponsiveunresponsive |