

Medium term planning Health and Well-being Autumn

Whole school beginning event	Foundation Stage	Key stage 1	Lower key stage 2	Upper key stage 2	End of theme whole school event
	EYFS 12 sessions to include:	Year 1 and 2 12 sessions to include:	Year 3 and 4 12 sessions to include:	Year 5 and 6 12 sessions to include:	
Whole school assembly based on setting goals. The assembly will look at different types of athletes, different people who have set goals and how they achieved their goal. Every child is to set themselves a goal and outline how they are going to achieve their goal. This lesson will focus on looking at different types of goals e.g. academic, sporting,	<p>Nursery:</p> <ul style="list-style-type: none"> Getting to know others Recalling names Recognising similarities and differences between people in the class Identifying what is special about themselves Exploring feelings that you may have starting nursery i.e. anxious, nervous, sad Celebrating achievements Recognising what children can do Setting and achieving simple goals Recognising qualities of a good friend Understanding how to recognise and respond to bullying Link to Anti-Bullying week Working with another child 	<p>Year 1:</p> <ul style="list-style-type: none"> To set a goal To understand and explain how to keep teeth healthy To understand the importance of food To understand the difference between healthy and unhealthy foods To understand the importance of variety on a diet To explain how to use medicine safely To explain what voting is and why it is important Link to Student Council Elections To identify different types of bullying and explain what to do if they are being/witness bullying Link to Anti-Bullying week To identify and explain a range of positive and negative emotions <p>Year 2:</p> <ul style="list-style-type: none"> To set a goal To identify healthy and 	<p>Year 3:</p> <ul style="list-style-type: none"> To set a goal To explain what food groups make up meals To understand how food choices can contribute to tooth decay To explain what a drug is To categorise drugs To explain the effects of passive smoking To understand the effects of caffeine To explain democracy and explain why democracy is important Link to Student Council Elections To explain the difference between unkindness and bullying Link to Anti-Bullying week To explain what conflict is and ways of resolving conflict To explain what to do if conflict escalates <p>Year 4:</p> <ul style="list-style-type: none"> To set a goal To explain how food gives us energy To explain why nutrients are important 	<p>Year 5:</p> <ul style="list-style-type: none"> To set a goal To explain what makes a healthy meal Link to Eat Like A Champ To explain the importance of nutrients and fibre Link to Eat Like A Champ To explain the importance of hydration Link to Eat Like A Champ To understand the importance of portion control Link to Eat Like A Champ To interpret and understand information on feed labels Link to Eat Like A Champ To explain what makes a situation fair or unfair. Link to Student Council Elections To explain how being excluded can affect people and to explain what to do if they are being bullied/witness bullying. Link to Anti-Bullying week To explore the risks associated with drug use To challenge misconceptions about drug users To explain what peer pressure is and how to challenge it <p>Year 6:</p>	Each class will celebrate achieving goals. Even if children have not achieved their goal, celebrate the steps they are taking to achieve goal. As a school come together and celebrate how children/staff worked towards different goals and the skills they used to do this. <u>End of term:</u> Whole school Health Fair or Healthy Lifestyles

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<p>and personal. Each class will create a goal setting display, outlining goals and the steps to achieving these goals. Pupils to complete assessment sheet – see assessment sheet and guidance</p>	<ul style="list-style-type: none"> ◦ Importance of keeping clean ◦ Oral health <p>Reception:</p> <ul style="list-style-type: none"> ◦ Recognising a range of emotions i.e. happy, sad, excited ◦ Recalling names ◦ Recognising what make them special ◦ Recognising similarities and differences between people in the class ◦ Recognising what children can do ◦ Setting and achieving simple goals ◦ To identify the qualities of a good friend ◦ To identify and respond to bullying Link to Anti-Bullying week ◦ To describe how to make friends and play with other children ◦ To understand the importance of keeping clean ◦ To understand the importance of keeping teeth clean 	<p>unhealthy foods</p> <ul style="list-style-type: none"> ◦ To explain what a healthy snack is ◦ To name the 5 food groups ◦ To identify foods within each of the food groups ◦ To understand the importance of eating fruit and vegetables ◦ To explain how to stay safe around harmful substances ◦ To identify the risks associated with smoking ◦ To explain what parliament is and why it is important Link to Student Council Elections ◦ To identify different types of bullying and explain what to do if they are being/witness bullying Link to Anti-Bullying week ◦ To explain what conflict is and ways of resolving conflict ◦ To explain that to do if conflict escalates 	<ul style="list-style-type: none"> ◦ To explain the risks and dangers associated with smoking ◦ To explain the risks associated with alcohol ◦ To understand how democracy works in the UK Link to Student Council Elections ◦ To understand the role of the bully, bystander and victim in a bullying scenario Link to Anti-Bullying week ◦ To develop critical think skills about information available online. This includes thinking critically about information, people who may try to talk to you and images online. 	<ul style="list-style-type: none"> ◦ To set a goal ◦ To understand the importance of exercise ◦ To explain the risks associated with alcohol ◦ To understand the risks associated with cannabis and volatile substance abuse ◦ To understand how a parliamentary debate takes place in the House of Commons Link to Student Council Elections ◦ To understand explain difference and similarities. Link to Anti-Bullying week ◦ To develop critical think skills about information available online. This includes thinking critically about information, people who may try to talk to you and images online. 	<p>Day to celebrate and showcase knowledge learned over the term. Children to have stalls/create posters for Health Fair or Healthy Lifestyles Day</p>
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