

Healthy Mind Heathy Body

Summer Term 1

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1 How do we establish a healthy body?	Good quality sleep and benefits. How to improve sleep.	Exposure to the sun and reduce the risk of sun damage	Natural allergies including hay fever	Food related allergies and epi-pens	Theory for immunisations and vaccines	Practical? An orange and the steps of a vaccine
Week 2 Why does mental health matter?	Judge how they are feeling and how do they know? What can they do to turn the emotion from negative to positive? (vocab taught throughout)	How to recognise and talk about their emotions whilst building on subject specific vocab.	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	Mental Health - Depression and dealing with changes such as moving school
Week 3 Who can I ask to support my mental health?	Why do our emotions change? (vocab taught throughout)	To recognise how others are feeling and how to support their mental health and wellbeing.	isolation and loneliness. Who can children go to in school for support if they feel these emotions?	isolation and loneliness. Who can you speak to outside of school?	Facts about legal substances	Facts about legal and illegal harmful substances and risks inc alcohol/smoking and drugs

Week 4 How do we look after our mental well-being?	Simple care techniques	Simple care techniques and recognise the importance of friends and family	Simple care techniques – hobbies and interests (in school and at home)	Simple care techniques – physical exercise, time outdoors and community participation.	Simple care techniques – hobbies and interests (in school and at home)	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
Week 5 How do we look after our teeth?	Brushing our teeth	Flossing	Teeth growing	How sugar can damage our teeth Coke with x (cant use egg)	Braces and retainers	Dentistry Removals and procedures Job
Week 6 Why is personal hygiene so important?	Coughs and sneezes Washing hands Blowing their nose	Baths Showering	Clean hands, clean mouths (nail hygiene too)	Baths and showers in summer	Washing clothes	Effects of poor personal hygiene

