

## Health and Relationships Framework: Health and Wellbeing

*Note: some objectives are mapped across more than one of the strand*

Health and Prevention							
	Early Learning Goal: Chn manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.	Pupils should: <ul style="list-style-type: none"> <li>• Learn how to recognise early signs of physical illness such as weight loss or unexplained changes to the body</li> <li>• Learn about safe and unsafe exposure to the sun and how to reduce the risk of sun damage including skin cancer</li> <li>• Learn about the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</li> <li>• Learn about dental health and the benefits of good oral hygiene and dental flossing including regular check-ups at the dentist</li> <li>• Learn about personal hygiene and germs including bacteria, viruses and how they are spread, treated and the importance of handwashing</li> <li>• Learn about the facts and science relating to allergies, immunisation and vaccination</li> </ul>					
EYFS		Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical Illness		No specific objectives. NB children will have explored use of medicines as part of the Drugs and Alcohol Framework		To talk about health problems and begin to recognise common feelings of sickness/illness	<p>To learn the vocabulary for minor and more serious illnesses and conditions including: ache (stomach/tooth for example), cough, high/low temperature, consciousness, sprain, wound, blood pressure</p> <p>To recognise common symptoms and know when to go to the doctor/get treatment and when it is important to stay off school (to avoid spread), e.g. sore throat – drink lots of fluids and suck on throat lozenges</p>	To understand that the earlier warning signs indicating illness or changes in the body are recognised, the better the recovery is likely to be.	To know when it is best to take medication, rest or see a doctor
Allergies, Immunisation and Vaccination		To begin to understand that vaccines help prevent a range of infections, including the flu	To learn about the top nine allergens and the foods where they can be found.	<p>To begin to understand what happens in the body during an allergic reaction and the symptoms this causes.</p> <p>To understand that our bodies have 3 main lines of natural defences</p> <p>To begin to understand that the human body has many natural defences to fight infection – the immune system protects us from germs and diseases</p>	<p>To learn how to scan an ingredient label for allergens, and discover where they can hide.</p> <p>To understand that sometimes the body needs help to fight infection; explore how vaccination helps individuals to develop immunity against an infection(s) and helps to fight off the infection</p>	<p>To learn what happens when allergens enter the body of someone with a food allergy, and what symptoms this can cause; to understand the science behind an allergic reaction</p> <p>To learn more specifically about the difference between immunity (fighting infection) and vaccinations (preventing infection) and the important diseases prevented by vaccines</p>	<p>To recognise how good food hygiene can stop the spread of allergens (cross contamination) and keep safe foods, safe</p> <p>To explore infectious disease and immunity</p>
Sun Exposure and Risks		To begin to recognise the type of clothing needed for different times of the year, e.g. wear a sun hat and sun cream when it's warm and a coat, gloves and wolly hat when cold.	To explore what we might wear on warmer/hotter days to protect us	<p><b>Link to Science objectives (light) in Year 3</b></p> <p>To know that the light from the sun can be dangerous and that there are ways to protect themselves including use of sun cream, hats and glasses</p>	<p>To understand that the closer you go to the Equator the stronger the sun becomes and the stronger and more dangerous the ultraviolet radiation becomes.</p> <p>To understand that wearing appropriate hats, clothing, sunscreens, sunglasses and seeking shade in the middle of the day can help protect against damage caused by the sun.</p>	<p>To know that the sun produces ultraviolet radiation which affects numerous everyday items and can have harmful effects on our skin causing sunburn.</p> <p>To understand what causes our skin to burn in the sun.</p> <p>To know the correct and most suitable sun protection to use</p>	<p>To understand the superficial characteristics of our skin and the variety of functions our skin allows for.</p> <p>To know that ultraviolet radiation from the sun can have harmful effects on people, including sunburn, skin damage, skin cancer and skin ageing.</p>
Sleep for Good Health	Using characters in books, begin to recognise that animals and humans need to sleep	To describe their daily bedtime routine	To begin to explain how much sleep they think they need	<p>To explain how getting enough sleep helps us to feel good explain what happens if they don't sleep enough</p> <p>To list some of the effects of sleep deprivation</p>	<p>To describe how a bedtime routine improves the chance of a good night's sleep;</p> <p>To understand the importance of sleep on good health</p>	<p>To identify the implications of not getting enough sleep</p> <p>To understand why they need to change some of their habits and routines as they get older</p>	<p>To identify the best bedtime routine for themselves</p> <p>To use meditation at bedtime to aid a peaceful sleep</p>
Personal Hygiene	To know why bodies need to be cleaned regularly	To understand some basic hygiene principles including washing hands and brushing teeth, e.g. verbally tell a story about a child getting ready in the morning for their first day at school. Chn to suggest what the child needs to do to get ready in the morning, including where to wash/clean	<p>To explain why it is important to keep clean</p> <p>To know that a establishing a routine for washing will develop healthy habits.</p>	<p>To know the importance of, and how to, maintain personal hygiene</p> <p>To understand how to brush teeth effectively.</p> <p>To understand that limiting sugary foods and drinks can reduce tooth decay.</p>	<p><b>Link to Science objectives (teeth and eating)</b></p> <p>To understand what dental plaque is and how it forms.</p> <p>To understand which foods and drinks cause tooth decay.</p> <p>To understand the consequences of tooth decay.</p>	<b>Teach about the importance of personal hygiene via Changing Adolescent Body Framework</b>	
		To know how some diseases are spread and can be controlled and about the responsibilities they have for their own health and that of others	To understand how some diseases can spread and can be controlled; to develop simple skills to help prevent diseases from spreading explain what germs are and why people need to keep clean	<p>To understand the responsibility they have for their own health and that of others; to recognise the ways in which they prevent diseases from spreading</p> <p>To explain that there are good and bad germs, and that we need to protect against the bad ones.</p>	That bacteria and viruses can affect health and that following simple routines can reduce their spread	To explain how germs travel and spread disease know how to inhibit the spread of germs	To explain the difference between bacterial and viral infections