

Health and Relationships Framework: Health and Wellbeing

Healthy Lifestyles: Physical Health and Wellbeing						
EYFS	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p>	<p>Pupils should:</p> <ul style="list-style-type: none"> Learn the characteristics and mental and physical benefits of an active lifestyle Learn 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 form of regular, vigorous exercise Learn about the risks associated with an inactive lifestyle (including obesity) Learn how and when to seek support including which adults to speak to in school if they are worried about their health 					
	<p>To recognise people who look after them, their family networks and who to go to if they are worried and how to attract their attention</p> <p>To make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences</p> <p>To discuss why exercise is good for them</p> <p>To understand they can choose what happens to their bodies</p>	<p>To learn what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity and rest</p> <p>To learn about the ways that they can help other people who look after them to more easily protect them</p> <p>To explain what happens if you do not exercise regularly</p> <p>To explain what happens if you do not exercise regularly</p> <p>To explain that other people have rights for their own body</p>	<p>To learn what positively and negatively affects their physical, mental and emotional health</p> <p>To learn about people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe</p> <p>To explain how exercise helps us feel happy</p> <p>To understand they can choose what happens to their body and know when a 'secret' should be shared</p> <p>To verbalise the difference between normal and serious problems</p>	<p>To discuss what happens to muscles when we exercise them</p> <p>To explain the effect of exercise on the heart</p> <p>To understand that they can choose what happens to their own bodies</p> <p>To know how to get help for themselves or another in the case of serious problems</p> <p>To discuss what happens to muscles when we exercise them</p>	<p>To learn how to take care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact</p> <p>To explain why muscles tremble when fatigued</p> <p>To define consent and autonomy</p> <p>To challenge stereotypical notions of 'the perfect body'</p> <p>To know the signs of serious problems know where and how to get help if they are worried</p> <p>To explain why muscles tremble when fatigued</p>	<p>To learn how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'</p> <p>To understand that actions such as female genital mutilation (FGM) constitute abuse and are a crime, and to develop the skills and strategies required to get support if they have fears for themselves or their peers</p> <p>To identify some factors that influence the choices they make about their bodies;</p> <p>To understand that the choices they make about their bodies have consequences.</p> <p>To give considered advice to others about how to look after the needs of their changing bodies</p> <p>To understand that different people have different boundaries;</p> <p>To understand the impact that the media (including social media) has on the choices they make about their bodies and about their health and wellbeing.</p> <p>Identify positive aspects about themselves identify some factors that influence the choices they make about their bodies;</p> <p>To understand that the choices they make about their bodies have consequences.</p> <p>To give considered advice to others about how to look after the needs of their changing bodies;</p>