

This topic explores how to stay healthy, both physically and mentally. It explores ways to maintain wellbeing and prevent illness; how to develop a healthy, balanced lifestyle; and the consequences and effects of different habits and choices. It encourages the development of positive self-worth and recognition, what might affect or influence unhealthy ways of thinking, and how to overcome this.

Year group		Video	Vocabulary	Lessons
Y1	Amazing bodies	Our bodies	body, healthy, private, penis, testicles, vulva, vagina, similar, different, health, healthy choices	<ol style="list-style-type: none"> 1. My amazing body 2. Private body parts (introducing correct terminology) 3. Looking after our bodies
Y2	Staying safe and healthy	Where would you go for help?	healthy, feelings, emotions, medicine, unwell, dose, safe, helpful, harmful, instructions, health, body, mind	<ol style="list-style-type: none"> 1. Healthy feelings 2. Staying safe at home 3. Feeling poorly
Y3	Sleep, food and hygiene	Healthy habits	health, wellbeing, sleep, routine, healthy, carbohydrates, proteins, dairy, fats, germs, virus, routines, hygiene, healthy, poorly, teeth, toothpaste, hand washing, soap	<ol style="list-style-type: none"> 1. The power of sleep 2. Making healthy food choices 3. Germs!
Y4	Influences and personal choices	Dealing with feelings	Influence, pressure, persuade, healthy choices, consequence, responsibility, feelings, emotions	<ol style="list-style-type: none"> 1. Healthy influences 2. Making healthy choices 3. Dealing with feelings
Y5	Valuing our bodies and minds	Finding your calm	self-image, self-respect, attributes, self-talk, development, proud, drugs, alcohol, tobacco, cigarettes, e-cigarettes, vaping, caffeine, substances, legal, illegal, effects, bacteria, virus, infection, immunisation, vaccination, antibiotic	<ol style="list-style-type: none"> 1. Valuing ourselves 2. Alcohol, tobacco and drugs 3. Keeping well
Y6	Being the best me	Ask the expert: picturing myself	self-respect, boundaries, kind, confidence, strengths, weaknesses, trolling, social media, internet, comparison, mental health, mental ill-health, wellbeing, illness, symptoms, mind	<ol style="list-style-type: none"> 1. Being the best me 2. Social media and our wellbeing 3. Taking care of our mental health