

Summer Term KS1

Health and Wellbeing – Physical Health and Mental Wellbeing

H19 – recognise when they need help with feelings; that it is important to ask for help with feelings; how to ask for help (Y2).

H17 – things that help people to feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep) (Y2).

H15 – recognise that not everyone feels the same at the same time, or feels the same about the same things (Y2).

H13 – how feelings can affect people's bodies and how they behave (Y2).

H11 – about different feelings that humans can experience (Y2).

H9 – about different ways to learn and play; the importance of knowing when to take a break from time online or TV (Y2).

H4 – about why sleep is important and different ways to rest and relax (Y2).

H7 – about dental care and visiting the dentist; brushing teeth correctly; food and drinks that are good for dental health (Y1).

H3 – about how physical activity helps us stay healthy; ways to be physically active every day (Y1).

H1 – about what keeping healthy means; different ways to keep healthy (Y1).

H20 – about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better (Y2).

H18 – different way to manage big feelings, to help calm themselves down and/or change mood when they don't feel good (Y2).

H16 – ways to share feelings; a range of words to describe feelings (Y2).

H14 – how to recognise what others might be feeling (Y2).

H12 – how to recognise and name different feelings (Y2).

H10 – about the people who help us stay physically healthy (Y2).

H6 – that medicines (including vaccinations and immunisations) can help people to stay healthy (Y2).

H5 – simple hygiene routines that can stop germs from spreading (Y1).

H8 – how to keep safe in the sun and protect sun from skin damage (Y1).

H2 – foods that support good health and the risks eating too much sugar (Y1).