

Healthy Me – Taught Knowledge

EYFS

Know what the word 'healthy' means
Know some things that they need to do to keep healthy
Know the names for some parts of their body
Know when and how to wash their hands properly
Know how to say no to strangers
Know that they need to exercise to keep healthy
Know how to help themselves go to sleep and that sleep is good for them
Know what to do if they get lost

KS1

Y1
Know the difference between being healthy and unhealthy
Know some ways to keep healthy
Know how to make healthy lifestyle choices
Know that all household products, including medicines, can be harmful if not used properly
Know that medicines can help them if they feel poorly
Know how to keep safe when crossing the road
Know how to keep themselves clean and healthy
Know that germs cause disease/illness
Know about people who can keep them safe

**LKS
2**

Y3
Know how exercise affects their bodies
Know that the amount of calories, fat and sugar that they put into their bodies will affect their health
Know that there are different types of drugs
Know that there are things, places and people that can be dangerous
Know when something feels safe or unsafe

Y2
Know what their body needs to stay healthy
Know what relaxed means
Know why healthy snacks are good for their bodies
Know which foods given their bodies energy
Know that it is important to use medicines safely
Know what makes them feel relaxed/stressed
Know how medicines work in their bodies
Know how to make some healthy snacks

Y4
Know that there are leaders and followers in groups
Know the facts about smoking and its effects on health
Know the facts about alcohol and its effects on health, particularly the liver
Know ways to resist when people are putting pressure on them
Know what they think is right and wrong

**UKS
2**

Y5
Know basic emergency procedures, including the recovery position
Know how to get help in emergency situations
Know that the media, social media and celebrity culture promotes certain body types
Know the different roles food can play in people's lives and know that people can develop eating problems/disorders related to body image pressure

Y6
Know how to take responsibility for their own health
Know what it means to be emotionally well
Know how to make choices that benefit their own health and well-being
Know that some people can be exploited and made to do things that are against the law
Know why some people join gangs and the risk that this can involve

