

PSHED Medium Term Plan - Spring 2– Healthy lifestyles

Core Knowledge for this Strand

Foundations Pathway

Children will learn;

Healthy eating

- To identify what foods they like and dislike
- To identify healthy and unhealthy foods
- To understand that we can make choices about the food we eat - to make healthy choices regularly and to have unhealthy foods as a treat once in a while

Take care of physical health

- To demonstrate simple hygiene routines and know why it is important
- To describe ways to be physically healthy and how it makes us feel - physically and emotionally
- How to stay safe in the sun and why it is important to protect our skin
- Sleep can affect our physical and mental wellbeing

Keeping well

- To tell someone we are ill, uncomfortable or in pain
- To identify some symptoms when we are not feeling well
- Who can help us when we are unwell, (e.g. parents, teachers, doctor, nurse, hospital, ambulance)
- That we might need to take medication to help us feel better
- That medication can come in different forms (creams, lotions, injections, tablets, liquid medicines and inhalers)
- Not to touch, taste or take medicine without a trusted adult
- That medicine should be stored safely in the house or in school
- The dangers of other household chemicals such as bleach and cleaning agents.
- Knowing that taking medication when we don't need it / or other people's medicine is extremely dangerous

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Next Steps Pathway

Children will learn

Healthy eating

- The basis of a healthy, balanced and varied diet.
- What influences our foods choices e.g. social media, advertising, friends, school, smells
- That some people have food allergies
- That eating too much food can cause us to become poorly
- Food choices can affect our health – positive and negative

Take care of physical health

- Importance of hygiene and why its is important to take care of our bodies - for later life, for health reasons, for emotional wellbeing
- Benefits of balancing exercise food and rest
- How to protect our bodies against over exposure to the sun – we can get burnt, cause other illnesses
- How to have good sleep and what can stop us from sleeping well – such as electronic devices,

Keeping well

- Who we can talk to if we are worried about health
- The dangers of consuming or using some substances (cigarettes, alcohol, other substances, energy drinks, vapes, drugs)
- What “peer pressure” means and what it might look like
- That others should not force or persuade us to drink alcohol, take drugs, smoke or swallow anything we are not sure is safe
- Identify strategies of how to say “no” to peer pressure
- Know that vaccinations are to prevent us from catching disease/illness