

YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6 (AS YEAR 5)
“FUN TIMES”	“WHAT KEEPS ME HEALTHY?”	“WHAT HELPS ME CHOOSE?”	“WHAT IS IMPORTANT TO ME”	“IN THE MEDIA”	“IN THE MEDIA”
<p>1. Pupils learn about food that is associated with special times in different cultures. Pupils:</p> <ul style="list-style-type: none"> <li>• know about some of the food and drinks associated with different celebrations and customs</li> <li>• can identify what makes their home lives similar or different to others including the food they eat</li> <li>• understand why food eaten on special days may be different from everyday foods</li> </ul>	<p>1. Pupils learn about eating well. Pupils:</p> <ul style="list-style-type: none"> <li>• know what a healthy diet looks like</li> <li>• can identify who helps them make choices about the food they eat</li> <li>• know the benefits of a healthy diet (including oral health)</li> </ul>	<p>1. Pupils learn about making healthy choices about food and drinks. Pupils:</p> <ul style="list-style-type: none"> <li>• can use the Eatwell guide to help make informed choices about what they eat and drink</li> <li>• can describe situations when they have to make choices about their food and drink</li> <li>• understand who and what influences their choices about food and drinks</li> </ul>	<p>1. Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons) Pupils:</p> <ul style="list-style-type: none"> <li>• can explain why a person may avoid certain foods</li> <li>• are able to communicate their own personal food needs</li> <li>• understand that people may follow a particular diet based on their religious, moral, cultural background or for health reasons</li> </ul>	<p>1. Pupils learn that messages on food adverts can be misleading Pupils:</p> <ul style="list-style-type: none"> <li>• know that food and drink adverts can use misleading marketing messages to make a product seem more healthy for consumers</li> <li>• can compare the health benefits of a food or drink product in comparison with an advertising campaign</li> <li>• identify advertising as one influence on choices.</li> </ul>	<p>1. Pupils learn that messages on food adverts can be misleading Pupils:</p> <ul style="list-style-type: none"> <li>• know that food and drink adverts can use misleading marketing messages to make a product seem more healthy for consumers</li> <li>• can compare the health benefits of a food or drink product in comparison with an advertising campaign</li> <li>• identify advertising as one influence on choices.</li> </ul>
<p>2. Pupils learn about active playground games from around the world. Pupils:</p> <ul style="list-style-type: none"> <li>• can describe how to play different active playground games</li> <li>• can recognise how active playground games make them feel</li> <li>• can make choices about which game to play, based on their feelings, likes and dislikes and what they are good at</li> </ul>	<p>2. Pupils learn about the importance of physical activity, sleep and rest. Pupils:</p> <ul style="list-style-type: none"> <li>• can describe some ways of being physically active throughout the day</li> <li>• explain why it is important to rest and get enough sleep, as well as be active</li> <li>• understand that an hour a day of physical activity is important for good health</li> </ul>	<p>2. Pupils learn about how branding can affect what foods people choose to buy. Pupils:</p> <ul style="list-style-type: none"> <li>• can explain why people are attracted to different brands</li> <li>• are able to compare similar products according to packaging, taste, cost and explain which they think is the best ‘value for money’</li> <li>• understand how this can affect what food people buy</li> </ul>	<p>2. Pupils learn about other factors that contribute to people’s food choices. Pupils:</p> <ul style="list-style-type: none"> <li>• can identify factors that might influence people’s choices about food they buy</li> <li>• are able to talk about their views and express their opinions on factors that affect food choice</li> <li>• understand that consumers may have different views on the food they eat and how it is produced and farmed</li> </ul>	<p>2. Pupils learn about role models. Pupils:</p> <ul style="list-style-type: none"> <li>• are able to analyse how the media portray celebrities</li> <li>• recognise that celebrities can be presented as role models and that they may be a good or not-so good role model for young people</li> <li>• can explain why we need to be cautious about things we see, hear or read about in the media.</li> </ul>	<p>2. Pupils learn about role models. Pupils:</p> <ul style="list-style-type: none"> <li>• are able to analyse how the media portray celebrities</li> <li>• recognise that celebrities can be presented as role models and that they may be a good or not-so good role model for young people</li> <li>• can explain why we need to be cautious about things we see, hear or read about in the media.</li> </ul>
<p>3. Pupils learn about sun-safety. Pupils:</p> <ul style="list-style-type: none"> <li>• know about some of the effects of too much sun on the body</li> <li>• can describe what people can do to protect their bodies from being damaged by the sun</li> <li>• know what they will need and who to ask for help if they going out in strong sun</li> </ul>	<p>3. Pupils learn about the people who help us to stay healthy and well and about basic health and hygiene routines. Pupils:</p> <ul style="list-style-type: none"> <li>• know about the roles of people who help them to stay healthy (including giving vaccinations)</li> <li>• can describe everyday routines to help take care of their bodies, including oral health</li> <li>• understand how basic hygiene routines can stop the spread of disease</li> </ul>	<p>3. Pupils learn about keeping active and some of the challenges of this. Pupils:</p> <ul style="list-style-type: none"> <li>• are able to identify a range physical activities that help the body</li> <li>• are able to evaluate the levels of physical activity in different pastimes</li> <li>• can explain what choices they have about how to spend their free time</li> </ul>	<p>3. Pupils learn about the importance of getting enough sleep. Pupils:</p> <ul style="list-style-type: none"> <li>• explain the importance of sleep for health and wellbeing</li> <li>• know what can help people relax and sleep well</li> <li>• recognise the impact that too much screen time can have on a person’s health and wellbeing</li> </ul>	<p>3. Pupils learn about how the media can manipulate images and this may not reflect reality. Pupils:</p> <ul style="list-style-type: none"> <li>• understand that images can be changed or manipulated by the media and how this can differ from reality</li> <li>• can describe how the media portrayal might affect people’s feelings about themselves</li> <li>• accept and respect that people have bodies that are different</li> </ul>	<p>3. Pupils learn about how the media can manipulate images and this may not reflect reality. Pupils:</p> <ul style="list-style-type: none"> <li>• understand that images can be changed or manipulated by the media and how this can differ from reality</li> <li>• can describe how the media portrayal might affect people’s feelings about themselves</li> <li>• accept and respect that people have bodies that are different</li> </ul>