

**St Mark's CE Primary School**  
**PSHE Curriculum Map: Health**  
**2023-2024**



	Nursery/Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Health</b>			<p><b>Question: How can we be healthy?</b> (Spring 1)</p> <p><b>Sticky knowledge:</b></p> <ul style="list-style-type: none"> <li>About some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food)</li> <li>About making healthy choices</li> <li>About basic personal hygiene routines and why these are important</li> </ul> <p><b>NC knowledge/skills</b></p> <ul style="list-style-type: none"> <li>What constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health</li> <li>To recognise what they like and dislike, how to make real, informed choices that improve their physical and emotional health, to recognise that choices can have good and not so good consequences</li> <li>The importance of, and how to, maintain personal hygiene</li> </ul>	<p><b>Questions: How can we eat week?</b> (Summer 1)</p> <p><b>Sticky knowledge:</b></p> <ul style="list-style-type: none"> <li>About what makes a 'balanced lifestyle'</li> <li>Making choices in relation to health</li> <li>About what makes up a balanced diet</li> <li>Opportunities they have to make their own choices about food</li> <li>About what influences their choices about food</li> </ul> <p><b>NC knowledge/skills:</b></p> <ul style="list-style-type: none"> <li>What positively and negatively affects their physical, mental and emotional health</li> <li>How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a balanced lifestyle</li> <li>To recognise opportunities and develop the skills to make their own choices about food, understanding what</li> </ul>	<p><b>Question:</b> <b>How can we be a good friend?</b> (Autumn 2)</p> <p><b>Sticky knowledge:</b></p> <ul style="list-style-type: none"> <li>To recognise a wider range of feelings in others</li> <li>About responding to how others are feeling</li> <li>To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves</li> <li>Resolving differences – agreeing and disagreeing</li> </ul> <p><b>NC knowledge/skills:</b></p> <ul style="list-style-type: none"> <li>To recognise and respond appropriately to a wider range of feelings in others</li> <li>To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships</li> </ul>	<p><b>Question: What choices help health?</b> (Autumn 2)</p> <p><b>Sticky knowledge:</b></p> <ul style="list-style-type: none"> <li>About what makes a 'balanced lifestyle'</li> <li>Making choices in relation to health</li> <li>What is meant by a habit</li> <li>How habits can be hard to change</li> <li>About drugs that are common in everyday life (medicines, caffeine, alcohol and tobacco)</li> <li>About people who help them stay healthy and safe how actions can affect ourselves and others</li> </ul> <p><b>NC knowledge/skills:</b></p> <ul style="list-style-type: none"> <li>What positively and negatively affects their physical, mental and emotional health</li> <li>How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to</li> </ul>	<p><b>Question: How can we stay healthy</b> (Autumn 1)</p> <p><b>Sticky knowledge:</b></p> <ul style="list-style-type: none"> <li>About what positively and negatively affects health and wellbeing (including mental and emotional health)</li> <li>How to make informed choices that contribute to a balanced lifestyle</li> <li>Which, why and how, commonly available substances and drugs (including alcohol, tobacco and energy drinks) can damage their immediate and future health and safety; that some are restricted, and some are illegal to own, use and give to others</li> <li>About who is responsible for their health and wellbeing</li> <li>Where to get help, advice and support</li> </ul> <p><b>NC knowledge/skills:</b></p> <ul style="list-style-type: none"> <li>What positively and negatively affects</li> </ul>

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			<ul style="list-style-type: none"> <li>About people who look after them, their family networks, who to go to if they are worried and how to attract their attention</li> <li>How some diseases are spread and can be controlled: the responsibilities they have for their own health and that of others; to develop simple skills to help prevent diseases spreading</li> </ul> <p><u>Key vocabulary</u>          Healthy, physical activity, rest, hygiene, routines, choices</p>	<p>might influence their choices and the benefits of eating a balanced diet</p> <p><u>Key vocabulary</u>          Balanced lifestyle, diet, choices, influence, physical health, mental health, emotional health</p>	<ul style="list-style-type: none"> <li>To develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and to give rich and constructive feedback and support to benefit others as well as themselves</li> <li>To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices</li> </ul> <p><u>Key vocabulary</u>          Wider range, respond, strategies, disputes, negotiation, compromise, resolve</p>	<p>understand the concept of a balanced lifestyle</p> <ul style="list-style-type: none"> <li>What is meant by the term 'habit' and why habits can be hard to change</li> <li>Which, why and how, commonly available substances and drugs (including alcohol, tobacco and energy drinks) can damage their immediate and future health and safety; that some are restricted, and some are illegal to own, use and to give to others</li> <li>About people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe</li> <li>That their actions affect themselves and others</li> </ul> <p><u>Key vocabulary</u>          Balanced lifestyle, choices, habit, drugs, common, healthy, safe, alcohol, tobacco, substances, illegal</p>	<p>their physical, mental and emotional healthy</p> <ul style="list-style-type: none"> <li>How to make informed choices – recognising that choices can have positive, neutral and negative consequences and to begin to understand the concept of a balanced lifestyle</li> <li>Which, why and how, commonly available substances and drugs can damage their immediate and future health and safety; that some are restricted, and some are illegal to own, use and give to others</li> <li>About people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe</li> </ul> <p><u>Key vocabulary</u>          Informed choices, balanced lifestyle, drugs, health and wellbeing, alcohol, tobacco, substances, illegal, restricted</p>
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