



## Juniper Hill School – Life Skills Curriculum Health and Prevention

**Topic: Health and Prevention** (Relationships Education, Relationships and Sex Education (RSE) and Health Education)

Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<p style="text-align: center;"><b><u>HEALTH AND PREVENTION</u></b></p> <p><b>Lesson 1 H&amp;P1.</b> How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p>	<p>I can explain when I feel ill / poorly.</p>	<p>I know what my body looks/feels like when I am ill / poorly. e.g. my face might be very pale my stomach might hurt</p>	<p>I am learning to recognise early signs of physical illness, e.g. weight loss, change in skin etc.</p>	<p>I am learning to recognise early signs of physical illness, e.g. weight loss, change in skin etc. I know that physical and mental illness both affect the body.</p>
<p style="text-align: center;"><b><u>HEALTH AND PREVENTION</u></b></p> <p><b>Lesson 2 H&amp;P2.</b> About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p>	<p>I am learning how to stay safe in the sun.</p>	<p>I know how to stay safe in the sun. e.g. apply sun cream (SPF 15+) keep out of direct sunlight, use a hat with a wide brim, use sunglasses, if swimming use a waterproof sun cream and reapply after getting dry.</p>	<p>I know when the sun is at its strongest (between 11am – 3pm). I know how to stay safe in the sun and why.</p>	<p>I can explain the difference between safe and unsafe exposure to the sun. I know what skin cancer is, how it is caused and how to reduce risk of sun damage.</p>



## Juniper Hill School – Life Skills Curriculum Health and Prevention

Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<p><b><u>HEALTH AND PREVENTION</u></b> <b>Lesson 3</b> <b>H&amp;P3.</b> The importance of sufficient good quality sleep for good health and that lack of sleep can affect weight, mood and ability to learn.</p>	<p><b>Jigsaw</b> <b>Healthy Me</b> I know the importance of getting a good night's sleep.</p>	<p>I know the importance of getting a good night's sleep. I know that when I am sleeping my body is resting and growing. I know that if I don't get enough sleep I will be tired and grumpy with my friends.</p>	<p>I know that sleep is important to my health. I know that during sleep my body and brain rest and repair. I know the importance of having a healthy bedtime routine.</p>	<p>I know that sleep is important to my health. I know what lack of sleep can affect weight, mood and my ability to learn.</p>
<p><b><u>HEALTH AND PREVENTION</u></b> <b>Lesson 4</b> <b>H&amp;P5.</b> About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>	<p><b>Jigsaw</b> <b>Healthy Me</b> I know about the importance of handwashing.</p>	<p><b>Jigsaw</b> <b>Healthy Me</b> I know that washing my hands with soap removes germs. This helps prevent infections. Germs can get into our body through our eyes, nose and mouth and make us sick.</p>	<p>I know about germs, including bacteria and viruses and how they spread. I know about the importance of handwashing.</p>	<p>I know about the importance of personal hygiene. I know about germs, including bacteria and viruses and how they spread. I know how viruses are treated. I know about the importance of handwashing.</p>



## Juniper Hill School – Life Skills Curriculum Health and Prevention

Objective (Pupils should know by the end of Year 6)	EYFS	Year 1 / Year 2	Year 3 / Year 4	Year 5 / Year 6
<p style="text-align: center;"><b><u>HEALTH AND PREVENTION</u></b></p> <p><b>Lesson 5 H&amp;P6.</b> The facts and science relating to immunisation and vaccination.</p>	<p>I know what a vaccination is. I know why we have vaccinations.</p>	<p>I know what a vaccination is. I know why we have vaccinations. (Introduce the word immunisation)</p>	<p>I know the difference between vaccination and immunisation. I know why people are vaccinated. (Vaccination is when a vaccine is administered to you. Immunisation is what happens in your body after you have been vaccination. The vaccine helps your body recognise the disease and protect you from it in future)</p>	<p>I know the facts and science related to immunisation and vaccination.</p> <ol style="list-style-type: none"> <li>1) It's the safest way to protect against disease.</li> <li>2) It is always best to get vaccinated even when the risk of infection is low.</li> <li>3) Combined vaccines are safe and beneficial.</li> <li>4) If we stop vaccination, deadly diseases will return.</li> <li>5) There is no scientific link between vaccines and autism.</li> </ol>