National Statutory Requirements

(DFE Statutory Guidance on Health Education and Relationship Education)

- how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.
- about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- how to make a clear and efficient call to emergency services if necessary.
- concepts of basic first-aid, for example dealing with common injuries, including head injuries.

Series of Lessons

- Recognise common early indicators of physical illness.
- Better understand bacteria and viruses and how to limit infections.
- Perform basic first aid for common injuries and know how and when to contact emergency services.

PDL

Staying Healthy – Year 4

Unit Outcome

In this unit of work, pupils learn:

- how to maintain good dental health and oral hygiene (Covered in Science-Animals including humans)
- how lifestyle (including food and drink choices) can impact on dental health (Covered in Science-Animals including humans)
- how to limit infection from bacteria and viruses through hygiene routines
- how to perform basic first aid for common injuries; how and when to contact emergency services
- how to communicate how they are feeling and recognise early signs of illness

Progression of Skills

(PSHE ASSOCIATION PROGRAMME OF STUDY 2020)

H2. about the elements of a balanced, healthy lifestyle

H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle

H5. about what good physical health means; how to recognise early signs of physical illness

H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it

H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)

H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health

R&R and Herne Harmony Values

Article 24, Article 27

Respect, Independence, Motivation

Vocabulary

Bacteria, Viruses, Infection, Illness, First-Aid, Indicators

Resources

Flipcharts
Worksheets on system,
Baseline Assessments,
Resources on system.