

Health and Prevention – Curriculum Overview

Statutory	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. HP1</p>	<p>Importance of handwashing and how to do so.</p>	<p>What does 'hygiene' mean? How can we stop spreading illnesses?</p>	<p>Importance of washing. Daily face-wash, regular bath/shower, trimming fingernails and toenails, hand washing. Link to Science: describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene</p>	<p>What are 'germs' and what can we do to stop spreading them? Relate back to hand-washing, coughing and sneezing. Look at treatments.</p>	<p>What is a virus? Look at viral infections – colds, flu and stomach bugs. Understand viruses have a host cell in order to survive and reproduce. Look at treatments.</p>	<p>What is fungi? Look at fungal infections – Athlete's foot Ringworm Look at treatments.</p>	<p>What is bacteria? Look at bacterial infections – clostridium difficile, staphylococcus. Recap on good hygiene.</p>
<p>How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body. HP2</p>	<p>What does it mean to feel unwell? Discuss times and experiences of feeling unwell. Understand importance of talking to grown-up.</p>	<p>Recap basic signs of becoming unwell: Headache Stomach ache Temperature And what to do if start to feel unwell. Understand that we are healthy most of the time and when we are unwell our bodies usually get better on</p>	<p>As with Year 1. Ensure they know who to speak to in school if displaying any symptoms of illness.</p>	<p>Signs of mild illnesses: Skin rash Earache Sticky eyes Cough Sore throat Vomiting Temperature Pain when passing urine</p>	<p>As with Year 3.</p>	<p>Signs of more serious illness: Severe pain Loss of appetite Unexplained weight loss Hair loss Ensure they understand that these signs usually have many common and harmless causes, but they should always speak to a</p>	<p>As with Year 5</p>

		their own, but sometimes we may need medicine.				doctor as a precaution.	
<p>About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p> <p>HP3</p>	<p>What is sun cream? Why do we need it (to stop burning) and how do we put it on correctly?</p>	<p>What else can we do on a hot day?</p> <p>Wearing a hat</p> <p>Keeping hydrated</p> <p>Sitting in the shade</p> <p>suncream</p>	<p>What are the benefits of sunlight?</p> <p>Vitamin D.</p> <p>Understand the importance of balancing getting enough sun and too much.</p>	<p>What is SPF on suncream?</p> <p>What does it do and what should we look for when buying it?</p> <p>Understand risks of sun exposure: Dehydration, heat exhaustion, heatstroke, sunburn, severe sunburn.</p> <p>Link to Science: recognise that light from the sun can be dangerous and that there are ways to protect their eyes</p>	<p>What is UV radiation?</p> <p>Understand it can damage the skin and eyes, even on chilly days.</p> <p>Understand that as the weather becomes warmer, we are at greater risk.</p> <p>Going on holiday to sunny climates increases risk.</p> <p>Protection can be built up over time on milder days.</p>	<p>Repeat work on benefits, risks and how to safe safe in the sun.</p>	<p>Understand that sun damage can lead to skin cancer.</p> <p>Risk is increased by:</p> <ul style="list-style-type: none"> - exposure to the sun over a number of years - High levels of exposure to the sun when not protected -Several cases of serious sunburn.
<p>The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>HP4</p>	<p>Link to internet safety and harms and importance of routines.</p> <p>How to achieve good quality sleep:</p> <p>Routine</p> <p>Going to bed at reasonable time</p> <p>Regular exercise</p> <p>Going outside</p> <p>Limiting screen time</p> <p>Turning off devices 2 hours before sleep.</p>			<p>Understand that sleep can help us grow and heal.</p> <p>Helps our brains consolidate information.</p>	<p>Understand how lack of sleep affects health:</p> <p>Weight gain</p> <p>Harder to learn</p> <p>Mood, temper.</p>	<p>How sleep impacts emotions.</p> <p>To know that sleep affects the amygdala and prefrontal cortex which helps regulate emotions,</p> <p>Therefore, lack of sleep can</p>	

							make us short-tempered, anxious, irritated and sad.
<p>About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p> <p>HP5</p>	<p>To understand we have 'baby' teeth and 'adult' teeth.</p> <p>Importance of brushing twice a day.</p>	<p>As with Reception.</p> <p>Include the impact of sugary foods on teeth.</p>	<p>To understand flossing, toothpaste, not rinsing, plaque, tooth decay and importance of dental check-ups.</p> <p>Link to Science</p>	<p>Recap on Year 2.</p>	<p>To look at tooth decay and gum disease in more detail.</p> <p>To understand that dental visits can prevent problems building up.</p>	<p>Recap on Year 4</p>	<p>Recap on good dental hygiene.</p>
<p>The facts and science relating to allergies, immunisation and vaccination.</p> <p>HP6</p>	<p>Vaccination: What is it?</p> <p>Protects people against harmful diseases.</p>	<p>Hayfever</p> <p>Stings and bites</p> <p>Antihistamines.</p>	<p>Allergies: Common allergic symptoms.</p>	<p>Allergies: Severe allergic reactions and what to do.</p>	<p>Food intolerance.</p> <p>What are these?</p> <p>Coeliac disease</p>	<p>Recap on allergies and reactions.</p>	<p>Vaccinations – How they work</p> <p>Herd immunity</p> <p>Antibodies</p> <p>Link to science.</p>