

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
To know what germs are. To know how to be a 'germ buster.' Pol – Ed 'How can I be a germ buster?'	To know what healthy eating means. To know why we need to eat certain types of food. Pol – Ed 'How does food help me?'	To know what it means to be healthy. To know what physical and emotional health are. Pol – Ed 'What does it mean to be healthy?'	To know why sleep and rest are important. To know how we can help our bodies to sleep and rest. Pol – Ed 'Why is sleep important?'	To know why good hygiene keep us healthy To know different daily hygiene habits – brushing teeth etc. Pol – ed 'How can I be a hygiene hero?'	To know what a habit is and how they are formed To know different healthy habits that help our body and mind. Pol – ed 'What are healthy habits?'	To know some common symptoms of feeling unwell. To know when to ask for help. Pol – ed 'What is my body trying to tell me?'
To know we need to wash our hands before we eat.	To know what a healthy plate looks like.	To know why we need to look after our body. To know how we can look after our body – sleep, exercise, diet. Pol – Ed 'How can I look after my body?'	To know how vaccines help protect us from different illnesses. To know how the body fights germs. Pol – Ed 'How can vaccinations support our health?'	To know how healthy habits can impact our body and mind. Pol – ed 'How do my choices help me to be healthy?'	To know how our bodies use food. To know different food groups and how they provide energy. Pol – Ed 'Why is food fuel?'	To know how drugs and alcohol can affect how people feel. To know the age restrictions and why they exist. Pol – ed 'How can drugs and alcohol make people feel?'
Disciplinary knowledge						
To know what is a healthy lifestyle and how it can positively impact their life.						