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As part of our school’s Personal, Social, Health and Economic (PSHE) curriculum, children in Years 1 to 6 will be covering the topic **Healthy Me**, during **Spring Term**
2. The table below outlines some of the themes covered during the lessons.

Year 1	Children talk about healthy and unhealthy choices and how these choices make them feel. They talk about hygiene, keeping themselves clean and that germs can make you unwell. Children learn about road safety as well as people who can help them to stay safe.	Year 4	Children look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them. Children are asked to reflect on their friendships, how different people make them feel and which friends they value the most. The class also look at smoking and its effects on health, they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they talk about peer pressure and how to deal with it.
Year 2	Children learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. Children talk about things that make them feel relaxed and stressed. They talk about medicines, how they work and how to use them safely. Children have a go at making healthy snacks and discuss why they are good for their bodies.	Year 5	Children look at the risks linked to smoking and how this affects the lungs, liver and heart. They do the same with the risks associated with alcohol misuse. They are taught a range of basic emergency procedures (including the recovery position) and learn how to contact the emergency services when needed. Children look at how body types are portrayed in the media, social media and celebrity culture. They also talk about eating disorders and people’s relationships with food and how this can be linked to negative body image pressures.
Year 3	Children talk about the importance of exercise and how it helps your body to stay healthy. They also talk about their heart and lungs, discuss what they do and that they are very important. Children talk about calories, fat and sugar; they discuss what each of these are and how the amount they consume can affect their health. The class talk about different types of drugs, the ones you take to make you better as well as other drugs. Children think about things, places and people that are dangerous and link this to strategies for keeping themselves safe.	Year 6	Children discuss taking responsibility for their own physical and emotional health and the choices linked to this. They talk about different types of drugs and the effects these can have on people’s bodies. The class discuss exploitation as well as gang culture and the associated risks. They also talk about mental health / illness and that people have different attitudes towards this. They learn to recognise the triggers for and feelings of being stressed and that there are strategies they can use when they are feeling stressed.