Growing Up & Health Prevention Learning Objectives

Curriculum Overview Across Years 1 to 6

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health Prevention Learning Objectives	**Growing Up Learning Objectives**	**Health Prevention Objectives**	**Growing Up Learning Objectives**	**Growing Up Learning Objectives**	**Growing Up Learning Objectives**
L1: How and why do we wash our hands?	**L1:** How do we grow and change?	**L1:** How can good hygiene prevent illness?	**L1:** What are body boundaries?	**L1:** How will my body grow during puberty?	**L1:** Which words can we use to describe our private body parts?
L2: How can I protect myself in any weather?	**L2:** How will I change as I grow up?	**L2:** How can I protect myself from the sun?	**L2:** How will I grow and change during puberty?	**L2:** How can I keep myself clean and hygienic?	**L2:** How are babies made?
L3: Who helps us stay healthy?	**L3:** Do I make the rules about my own body?	**L3:** How does my body protect itself from illnesses?	**L3:** Which emotional changes could I experience when growing up?	**L3:** How can we treat others with kindness during puberty?	**L3:** What happens in pregnancy and how are babies born?
L4: What should I do if I feel unwell?	**L4:** How can I talk about my body?	**L4:** When should I tell an adult if I am worried about my health?	**L4:** What is a period?	**L4:** How can I manage my emotions and feelings during puberty?	**L4:** How are families formed?
L5: How serious are different injuries?	**L5:** How can we show respect for each other's bodies?	**L5:** What first aid might help with common injuries?	**L5:** How can we show kindness and understanding about body changes?	**L5:** What is a period?	**L5:** How does life change after having a baby?
L6: How can we get help for serious illnesses or injuries?	**L6:** Who can I talk to if I don't feel safe?	**L6:** How can I get help in a medical emergency?	**L6:** Who can I talk to about growing up and change?	**L6:** How can I challenge behaviour which crosses personal boundaries?	**L6:** What is consent?