

Week	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1 - Sleep	I will know the importance of sleep.	I will know what happens if I do not get enough sleep.	I will know the importance of sleep.	I will know how tiredness impacts my actions.	I will know how tiredness impacts our thinking.	I will know how to manage the sleep stoppers.	I will know the importance of sleep habits.
2 - Healthy Eating	I will know that too much sugar is bad for me.	I will know the foods that my body needs.	I will know how to recognise different foods.	I will know the importance of fruits and vegetables.	I will know how to identify a balanced diet.	I will know the dangers of an unbalanced diet.	I will know the importance of a healthy diet.
3 - Exercise	I will know the importance of moving my body.	I will know that exercise is good for the heart.	I will know the different types of exercise.	I will know why exercise is good for us.	I will know why stretching is important.	I will know the impact of exercise on our well-being.	I will know the benefits of an active lifestyle.
4 - Harmful Habits	I will know the danger of putting something in my mouth.	I will know that there are harmful things in the house.	I will know what I should put on my skin.	I will know the dangers of screen time.	I will know the dangers of smoking.	I will know the health risks of alcohol.	I will know the dangers of drug misuse.
5 - Internet Safety	I will know how to be careful online.	I will know that there are scary videos on the internet.	I will know about the internet.	I will know how to stay safe on the internet.	I will know why we should comply with age restrictions on the internet.	I will know the positives and negatives of the internet and social media.	I will know how to manage the dangers of social media.
6 - Keeping Safe	I will know how to stay safe in a busy place.	I will know to ring 999 in an emergency.	I will know the risks in life.	I will know how to reduce the risk of hazards at home.	I will know how to respond to an emergency.	I will know how to manage risk in different situations.	I will know basic techniques for dealing with common injuries.