



## Upperwood Academy - PSHE/SRE

### Physical Health

At Upperwood Academy, children will encounter many of life's challenges for the first time. We aim to provide children with the knowledge and skills needed to lead safe, healthy, and happy lives. Children will develop the skills needed to manage different influences and pressures, as a part of their personal development. They will experience challenging situations in a safe environment.



#### EYFS

##### Keeping and Staying Healthy:

- Making healthy choices.
- Dentist and doctors.
- Brushing teeth.
- Washing hands.

#### Classes 2, 3 & 4

##### Keeping and Staying Healthy:

- **Washing hands** - why we wash our hands, germs, affects on our health & healthy and unhealthy choices.
- **Eating healthy** - food needed to keep us health and help us grow, & healthy and unhealthy choices.
- **Brushing teeth** - why we brush our teeth, practise brushing teeth & healthy and unhealthy choices.

##### Hazard watch:

- **Is it safe to eat and drink?** - food and drink that is safe & unsafe.

#### Classes 5, 6 & 7

##### Keeping and Staying Healthy:

- **Medicine** - when is it safe to take medicine, who can we accept medicine from & health and unhealthy choices.
- **Healthy living** - balanced diet, how too much salt, & fat affect us in later life, nutritional information on packaging & maintaining a health lifestyle.

#### Classes 8, 9 & 10

##### Keeping and Staying Healthy:

- **Smoking & adult's and children's views** - risks associated with smoking, name addictive ingredients, effect on health & wellbeing & strategies to resist pressure.
- **Alcohol** - risks & choices, effect on health & strategies to resist pressure.

##### Growing and Changing:

- **Puberty** (class 8) - changes our bodies go through, why we go through puberty, coping with different stages of puberty & asking for help.
- **Conception** (class 9 & 10) - conception & reproduction, male & female reproductive systems, ways adults can have children, stages of pregnancy & laws around consent.