Being my Best

| EYFS | **Bouncing Back When Things Go Wrong**   * bounce back * encourage * try again | **Yes, I can!**   * Try * Try again * Bounce back | **Healthy Eating**   * food * energy * grow * healthy * fruit * vegetable * dairy |
| --- | --- | --- | --- |
| **My Healthy Mind**   * food * exercise * sleep * wash * healthy * energy * grow | **Move Your Body**   * exercise * heart * muscles | **A Good Night’s Sleep**   * Routine * Calm * sleep |
| Year 1 | **I Can Eat a Rainbow**   * starchy * dairy * protein * fruit * vegetables * vitamins * portion | **Eat Well**   * healthy * fruit * vegetables * dairy * meat * sugar * salt * cereal | **Harold’s Wash and Brush Up**   * hygiene * routine * clean |
| **Catch it! Bin it! Kill!**   * germs * disease * hygiene * spread | **Harold Learn To Ride His Bike**   * learning * practice * make mistakes * confidence * achievement | **Pass On The Praise**   * praise * support * feedback * encourage * feelings |
| **Inside My Wonderful Body**   * organ * heart * lungs * intestines * brain * stomach * oxygen * digested * dairy * fruit * vegetables * sugar * salt * cereal * meat |  |  |
| Year 2 | **My Day**   * choose * choices * healthy * unhealthy | **Harold’s Postcard**   * vaccination * injection * disease * hygiene * germs | **Harold’s Bathroom**   * teeth * dental * hygiene |
| **What Does My Body Do**   * brain * heart * lungs * stomach * small intestine * large intestine * food * water | **My Body Needs**   * oxygen * water * food * exercise * rest | **Basic First Aid**   * first aid * risk * accident * danger * hazard * kettle * safe * burn * scald * accident * emergency |
| Year 3 | **Derek Cooks Dinner**   * balanced diet * proteins * muscles * dairy * teeth * bones * starchy carbohydrates * energy * fruit & veg * healthy | **Poorly Harold**   * infection * cleanliness * hygiene * rest * sleep * water * medicine * drug * dose * safety * instructions | **Body Team Work**   * intestine * vessels * veins * arteries * lungs * liver |
| **For or Against?**   * debate * discussion * continuum * courteous * respectful * justify | **I am fantastic!**   * goals * ambitions * improve * achieve | **Top Talents**   * goal-setting * talents * skills * intelligence |
| **Getting on with Your Nerves**   * collaboration * cooperation * teamwork |  |  |
| Year 4 | **What Makes Me ME!**   * Individual * unique | **Making Choices**   * choices | **SCARF Hotel**   * balanced diet * wellbeing * mental health |
| **Harold’s Seven R’s**   * refuse * reduce * re-use * rot * recycle * repair * re-think | **My School Community**   * community | **Basic First Aid**   * first aid * injury * minor * accident * emergency * blood * nose bleed * choking * breathing * airway * unresponsive * casualty * burn * wound * recovery * scald |
| **Volunteering is Cool**   * volunteer * wellbeing * connect * be active * be mindful * get creative * give to others |
| Year 5 | **It All Adds Up**   * organs * body systems | **Different Skills**   * perseverance * commitment * resilience * determination * patience * interpersonal skills | **My School Community**   * community * school community |
| **Independence and Responsibility**   * independence * responsibility | **Star Qualities?**   * personal qualities * celebrities | **Basic First Aid**  Life skill  sepsis |
| Year 6 | **Community Art**   * community * valued | **This Will Be Your Life!**   * aspirations * goal setting * perseverance | **Our Recommendations**   * health * wellbeing * accurate * reliable * sources |
| **What’s The Risk**   * Assessing Risk * Weigh up * Dilemma * assessing risk * weigh up * choices * influence | **Basic First Aid**   * Red Cross * first aid * emergency * 999 * ambulance * operator * information * serious * adult * scenario * script * role * feelings * panic * calm * responsive * unresponsive | **Five Ways to Wellbeing Project**   * wellbeing * connect * be active * take notice (mindful) * keep learning (get creative) * give |