

Special Schools' Curriculum

	Healthy Workshop	Fun Fitness	Alcohol & Drug Awareness
Relevant PSHE statements (health, lifestyle and wellbeing unless otherwise stated)			
P4			
Attempts to wipe face/hands with towel			
Feeds self with spoon			
Drinks through a straw			
Shows an understanding of edible and non-edible	✓		
Wipes mouthy if given tissue or flannel			
P5			
Dries hands and face with towel			
Brushes teeth but not thoroughly	✓		
Uses spoon and fork well			
Indicates personal need for food/drink	✓		
Names own gender			
Shows some self-control when expressing feelings			
P6			
Is aware of own sex and names opposite sex			
Knows own age			
With support washes hands after going to the toilet	✓		
Allows nose to be wiped			
Attempts to wash self in bath			
Points to main parts of body when asked	✓		
P7			
Washes hands with soap and water			
Has some awareness when nose needs wiping			
P8			
Knows some things are bad for you	✓		

Knows how to care for their teeth	✓		
Knows that some foods are good for you	✓		
Knows food helps run their body	✓		
1C			
Attempts to blow nose			
Notices breathing after exercise	✓		
Aware of the need to sleep	✓		
Knows they grow	✓		
Knows some foods are good for you	✓		
Knows some food is bad for them	✓		
Knows they should brush their teeth twice a day	✓		
Aware of safety when using PE equipment (Keeping safe)		✓	
1B			
Knows the uses of soap, shampoo, toothpaste, nailbrush, toothbrush, flannel			
Covers mouth with hand when they cough			
Covers mouth with hand when they yawn			
Attempts to cover mouth with hand when sneezing			
Disposes with tissue appropriately			
Knows some ways to calm themselves down			
Talks about people who help us if we are ill (relationships)			✓
Understands all medicines are drugs (keeping safe)			✓
Knows that medicines are drugs (keeping safe)			✓
Identify safe ways of storing medicines at home (keeping safe)	✓		✓
1A			
Blows nose			
Feels heart after exercise		✓	
Describes what it's like to feel ill			✓
Knows who can help if you feel ill			✓
Discusses healthy elements of a packed lunch/school dinner	✓		
Knows the term poisonous (keeping safe)	✓		✓
Knows liquids, plants and other things may be poisonous (keeping safe)	✓		✓

Knows liquids in a container may be dangerous (keeping safe)	✓		✓
Knows why you must wear a seatbelt (keeping safe)			
Knows each medicine has a specific use (keeping safe)	✓		✓
Knows not to touch a syringe or needle without permission (keeping safe)	✓		✓
2C			
Knows that animals need food, air, warmth, water			
Knows that humans get two sets of teeth	✓		
Knows they should only use their own toothbrush	✓		
Knows what can happen to skin if you do not protect it			
Draws a healthy meal	✓		
Discusses healthy deserts	✓		
Lists healthy snacks	✓		
Talks about how germs can be spread			
Joins in discussions about health related decisions	✓	✓	✓
2B			
Knows humans have babies			
Knows humans need food and water to live	✓		
Knows the right food helps keep humans healthy	✓		
Understands exercise helps us stay healthy	✓	✓	
Describes what happens to their heart when they exercise		✓	
Identifies different types of exercise	✓	✓	
Identifies what makes them happy and sad			
Works safely (keeping safe)	✓	✓	
Knows how to protect themselves from the sun (keeping safe)			
Identifies (classroom) equipment that can be dangerous (keeping safe)	✓		
2A			
Knows that people have different diets	✓		

Discusses bedtime routines	✓		
Is aware of what makes them sweat		✓	
Is aware medicines are drugs			
Knows it is important to sweat		✓	✓
Knows medicines can cure illness			✓
Talks about why smoking is harmful	✓		✓
Knows ways in which they can catch germs			
Knows bacteria and viruses can affect health			
Talks about routines to help stop the spread of germs			
Knows food is needed for growth	✓		
Knows food is needed to keep us active	✓	✓	
Identifies some carbohydrates	✓		
Identifies some proteins	✓		
Discusses the storage of dangerous substances (keeping safe)	✓		✓
Recalls accidents they have had and the effects of them (keeping safe)			✓
3			
Names foods which are good for us	✓		
Names foods that are not good for us	✓		
Plans a healthy packed lunch	✓		
Puts food into correct food groups	✓		
Describes the effects of poor hygiene	✓		
Knows about oral hygiene and plaque	✓		
Knows how to protect themselves from germs	✓		
Knows the terms illness and infection			
Identifies the parts of the body some exercises affect	✓	✓	
Talks about why some people choose to smoke	✓		✓
Identifies changes to their bodies since they were babies			
Knows that their bodies will change shape during puberty			
Discusses emotional needs			
Identifies how people cope with bad feelings (relationships)			
Knows drugs come in many forms (keeping safe)			✓
Knows what alcohol is (keeping safe)	✓		✓

Knows what passive smoking is (keeping safe)			✓
4			
Knows some basic first aid			
Name some major organs in the body	✓		
Identifies the position of some major organs	✓		
Knows some germs are passed in blood and saliva			
Knows a varied diet is required to stay healthy	✓		
Understands the purpose of the heart	✓	✓	
Knows that blood moves through the body	✓	✓	
Knows how exercise affects the heart rate		✓	
Knows the body is supported by skeleton and muscles	✓		
Identifies stages of the human life cycle	✓		
Knows you need a male and a female to produce babies			
Identifies physical differences between males and females			
Knows their bodies will change shape after puberty			
Is aware puberty may bring emotional and psychological changes such as moodiness			
Discusses the importance of hygiene at puberty			
Talks about the importance of a balanced lifestyle including rest and relaxation	✓		
Reads doses and warnings on medication (keeping safe)			✓
Is aware of importance of not exceeding the dose (keeping safe)			✓
Knows not to take other peoples medicines (keeping safe)			✓
Identifies how to store medicines safely (keeping safe)	✓		✓
Explains why drugs can have harmful effects (keeping safe)			✓
Explains why drugs, alcohol and tobacco are harmful (keeping safe)			✓

Identifies dangers of driving drunk/drugged (keeping safe)			✓
Knows drugs can be legal or illegal (keeping safe)			✓
Knows drugs affect the mind and/or body (keeping safe)			✓
5			
Labels major organs in the human body	✓		
Can explain the function of a major organ in the body	✓		
Recognises what may impair the working of some organs in the body	✓		✓
Creates a plan for healthy living including diet, exercise and resting	✓		
Examines their own exercise over a week			
Knows the importance of hygiene to protect the body	✓		
Knows it is their responsibility to decide what goes in their body	✓		✓
Knows short and long term effects of smoking			✓
Relates technical term to common terms of male and female organs			
Considers why people become angry (relationships)			
Considers how they cope with anger (relationships)			
Defines legal and illegal drugs (keeping safe)			✓
Knows legal ages to buy alcohol and tobacco			✓
Demonstrates ways to resist pressure to use drugs/alcohol/tobacco			✓
5+			
Researches benefits of sleep and presents info found	✓		
Understands there are different aspects to being fit (strength, stamina, suppleness, agility, speed)		✓	
Discusses how different lifestyle choices affect short and long term health	✓	✓	✓
Understands how first and second hand smoke affects health			✓
Is aware smoking can change appearance			✓

