

Key stage	Lesson	Learning Outcomes By the end of the lesson, pupils will be able to:	PSHE Association Programme of Study	DfE Statutory Guidance for relationships, sex and health education
Key stage 1	<p>1. Keeping healthy with food and drink</p> <p>Objective: To learn about food and drinks that keep people healthy</p>	<ul style="list-style-type: none"> • identify what being healthy means and what helps people to be healthy • describe some foods and drinks that are good for keeping people healthy • recognise when we can make choices about what to eat or drink • explain who can help us with healthy food and drink choices 	<p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H2. about foods that support good health and the risks of eating too much sugar</p> <p>H3. about how physical activity helps us to stay healthy; and ways to stay physically healthy everyday</p>	<p>Physical health and fitness:</p> <ul style="list-style-type: none"> • the characteristics and mental and physical benefits of an active lifestyle. • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • the risks associated with an inactive lifestyle (including obesity). • how and when to seek support including which adults to speak to in school if they are worried about their health.
	<p>2. Keeping healthy with physical activity</p> <p>Objective: To learn about how being active can keep people healthy</p>	<ul style="list-style-type: none"> • identify some ways to be active everyday • describe some things that happen to someone's body when they are physically active • recognise when we can make choices about physical activity • explain who can help with physical activity, and who to ask for support with this 	<p>H10. about the people who help us to stay physically healthy</p>	
Key stage 2	<p>1. Healthy eating habits</p> <p>Objective: To learn what makes a healthy diet and why this is important</p>	<ul style="list-style-type: none"> • recognise the range of foods that make up a healthy, balanced diet • identify food/drinks that should be consumed regularly and those that should be eaten less often or in smaller amounts • explain the effects different foods can have on bodies • describe some healthy eating habits • recognise where to find reliable information about food and drinks 	<p>H1. how to make informed decisions about health</p> <p>H2. about the elements of a balanced, healthy lifestyle</p> <p>H3. about choices that support a healthy lifestyle, and recognise what might influence these</p> <p>H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle</p>	<p>Healthy eating:</p> <ul style="list-style-type: none"> • what constitutes a healthy diet (including understanding calories and other nutritional content). • the principles of planning and preparing a range of healthy meals. • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).
	<p>2. Healthy eating choices and influences</p> <p>Objective: To learn about influences and making healthy choices, when deciding what to eat and drink</p>	<ul style="list-style-type: none"> • explain some choices people can make about what to eat and drink • identify who or what might influence choices about food • recognise positive and negative influences on food choices • describe how people can manage less helpful influences when making choices about food 	<p>H5. about what good physical health means; how to recognise early signs of physical illness</p> <p>H6. about what constitutes a healthy diet; how to plan healthy meals;</p>	

	<p>3. Ready, steady, cook!</p> <p>Objective: To learn how to plan and prepare a healthy meal</p>	<ul style="list-style-type: none"> recognise that adverts are designed to influence food and drink choices plan a healthy meal explain how to prepare a healthy meal safely within the home describe some of the ways that home-cooked food might be more healthy than ready-made (takeout/prepared) food 	<p>benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay</p> <p>H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive life</p> <p>H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</p>	<p>Internet safety and harms:</p> <ul style="list-style-type: none"> about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. <p>Mental wellbeing</p> <ul style="list-style-type: none"> that mental wellbeing is a normal part of daily life, in the same way as physical health.
	<p>4. Let's get active!</p> <p>Objective: To learn about the importance of regular, physical activity</p>	<ul style="list-style-type: none"> explain what it means to be physically active and different types of physical activity describe the benefits of physical activity on body (physical) and mind (mental) health explain the importance of keeping healthy habits and balancing different types of activities identify opportunities to be physically active throughout the day and week recognise how to seek support and advice in relation to physical activity 		
	<p>5. Balanced lifestyles</p> <p>Objective: To learn about strategies to maintain a balanced lifestyle</p>	<ul style="list-style-type: none"> describe what is meant by a healthy, balanced lifestyle identify the key factors that contribute to a healthy lifestyle explain the benefits of living a balanced lifestyle recognise some of the challenges to leading a balanced lifestyle and describe how people can manage these, including seeking support 		
<p>Key stage 3</p>	<p>1. Making choices about diet and exercise</p> <p>Objective: To learn about different influences on someone's diet and exercise choices</p>	<ul style="list-style-type: none"> identify different influences on decisions regarding diet and exercise analyse why some influences might be stronger than others evaluate which influences are more or less reliable evaluate strategies to manage negative or less reliable influences 	<p>H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing</p> <p>H13. the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities</p>	<p>Mental wellbeing</p> <ul style="list-style-type: none"> the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.

	<p>2. Maintaining physical health</p> <p>Objective: To learn how to make independent, informed decisions about maintaining physical health</p>	<ul style="list-style-type: none"> • identify the benefits of maintaining physical health • explain why choices regarding physical health might differ between people • evaluate potential barriers to making healthy choices and strategies to overcome them • analyse strategies for making independent health choices in future 	<p>H14. the benefits of physical activity and exercise for physical and mental health and wellbeing</p> <p>H16. to recognise and manage what influences their choices about physical activity</p> <p>H17. the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices</p> <p>H18. what might influence decisions about eating a balanced diet and strategies to manage eating choices</p>	<p>Physical health and fitness</p> <ul style="list-style-type: none"> • the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. • the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.
Key stage 4	<p>1. Lifestyles and wellbeing</p> <p>Objective: To learn about how lifestyle choices can affect wellbeing, including during and leading up to exam periods.</p>	<ul style="list-style-type: none"> • identify opportunities to maintain a healthy balance between activities, including time online, physical activity and exam preparation • describe how maintaining a healthy balance between types of activity can help to support wellbeing • develop a plan to support wellbeing during and leading up to examination periods 	<p>H4. strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing</p> <p>H11. to make informed lifestyle choices regarding sleep, diet and exercise</p>	<p>Healthy eating</p> <ul style="list-style-type: none"> • how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.
	<p>2. Managing influences on lifestyle decisions</p> <p>Objective: To learn about the factors that influence lifestyle choices and how these can be managed</p>	<ul style="list-style-type: none"> • identify the benefits of maintaining physical health • explain how a range of factors can influence lifestyle choices as a person becomes more independent and how to manage these • identify potential barriers to making healthy lifestyle choices and describe a range of strategies to reduce the impact of these 	<p>H12. the benefits of having a balanced approach to spending time online</p> <p>H18. the ways in which industries and advertising can influence health and harmful behaviour</p>	