

Health & Prevention Progression Grid - Whole School

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
<p>Children will understand that germs can make other people ill even if they are safe for us</p> <p>Children will know that gems can spread by touch (use glitter to demonstrate)</p> <p>Children will understand that washing hands kills germs and stops them spreading therefore stopping other people becoming ill</p>	<p>Children will know that the rays of the sun is not always good for us</p> <p>Children will know that it is not always safe to be in the sun</p> <p>Children will know some ways to stay safe in the hot weather – shade, sun glasses, water (hydration) sun cream</p> <p>Sammy Seagull powerpoint</p>	<p>Children will know why sleep is important – it helps us have energy, concentrate and learn</p> <p>Children will be able to say what may happen if we do not get enough sleep – angry/irritable, more tired, unable to concentrate, difficulty learning</p>	<p>Children will know that we need to brush our teeth to keep them clean and free of bacteria so they do not decay and generate cavities/ fall out</p>	<p>Children will understand that a virus is a type of germ that spreads amongst people and can cause illness</p> <p>Chn will begin t understand that virus cannot be treated with antibiotics as they are not bacterial germs</p> <p>Chn will learn that we usually treat the symptoms of a viral infection rather than the cause ot in some cases anti viral medication is used</p> <p>Children will know some common viral infections, cold, flu, pneumonia</p>	<p>Children will learn how our bodies protect themselves using the immune system</p> <p>Children will learn how vaccines help protect our bodies</p> <p>Children will learn what an allergy is and how we may treat it</p>	