

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			
To know that germs can make other people ill even if they are safe for us (germs cannot be seen)	To know that the rays of the sun are not always good for us	To know why sleep is important – it helps us have energy, concentrate and learn	To know that we need to brush our teeth to keep them clean and free of bacteria Explain bacteria as germs ref EYFS learning	To know that a virus is a type of germ that spreads amongst people and can cause illness	To know how our bodies protect themselves using the immune system	
To know that germs can spread by touch (use glitter to demonstrate)	To know that we need some sun and/or daylight for our health Mental health and bone health	To know some ways of getting to sleep or back to sleep eg counting, thinking of a happy place, reading for a short time, warm drink	To know that a build up of bacteria can lead to decay Explain decay as rotting – can show this by leaving an apple core in a box	To know that a virus cannot be treated with antibiotics as they are not bacterial germs	To know how vaccines help protect our bodies A vaccine lets your body know what a bad germ looks like so it can get ready to fight it when the real thing appears https://www.youtube.com/watch?v=l8fewK2Vxes	
To know that washing hands or surfaces kills germs and stops them spreading therefore stopping other people becoming ill	To know some ways to stay safe in the hot weather – shade, sun glasses, water (hydration) sun cream Sammy Seagull powerpoint	To know what can prevent sleep – caffeine, staying up late, on games, on tablet or phone, watching TV	To know that bacteria can lead to cavities (hole) which need filling or may lead to tooth loss	To know that we usually treat the symptoms of a viral infection rather than the cause but in some cases anti viral medication is used Medicines to treat viruses include paracetamol, ibuprofen	To know what an allergy is and how we may treat it (an allergy is just your body being a little too careful, and we use medicine to help it relax and calm down the reaction)	
		To know what may happen if we do not get enough sleep – angry/ irritable , more tired, unable to concentrate, difficulty learning	To know that we only get two sets of teeth and if our second set (adult teeth) decay and are removed we will have a gap	To know some common viral infections, cold, flu, pneumonia	To know some symptoms of allergic reactions and how they can escalate Eg sneeze, itch, rash, redness, inflammation, watery eyes, coughing, narrowing of throat, difficulty breathing, anaphylactic shock	
Disciplinary knowledge						
To know to wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.	To know the importance and how to stay safe in the sun	To know why sleep is important and how to manage sleep	To know the importance and significance of dental hygiene	To know different ways to manage health and ill health	To know how to prevent some illnesses	