



## Lytchett Matravers Primary School

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Dear Parents

For this half term the teachers will be covering in their PSHE lessons...

PSHE CURRICULUM -- Summer 1 – 'Being My Best'						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Intent						
The children in EYFS are beginning to understand ways they can keep themselves healthy. They are starting to understand that our bodies need certain foods, sleep and exercise to be healthy.	The children in Year 1 are beginning to understand the difference between healthy and unhealthy. They know that our bodies need certain foods, sleep and exercise to be healthy. They are beginning to know how some diseases are spread and simple ways this can be stopped.	The children in Year 2 know that some choices can be either healthy or unhealthy and this can impact on their own health. They can explain that our bodies need certain foods, sleep and exercise to be healthy. They understand that they need to look after their teeth and how to do this. They know that germs can spread diseases and simple ways of preventing this.	The children in Year 3 can explain what our bodies need to be healthy. They know how each of the food groups benefit our bodies and what is meant by a 'balanced diet'. They know how some infectious diseases are spread and how simple hygiene routines can help to reduce the spread.	The children in Year 4 understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health. They can name the food groups and explain what is meant by a 'balanced diet'. They know simple ways that they can care for their environment.	The children in Year 5 know the importance of food, water, exercise and sleep for our health. They can consider unhealthy choices such as smoking and drinking alcohol and the effects these can have. They can define and understand what is meant by 'community'.	The children in Year 6 know how to be healthy and the effects of unhealthy choices can have. They understand that it is their responsibility to make the right choices and the consequences of taking risks.

More information about the SCARF scheme can be found at

<https://www.coramlifeeducation.org.uk/scarf/>

If you wish to discuss any part of the PSHE curriculum please do not hesitate to contact me via the school office.

Mrs E Gould

PSHE Lead

