

Healthy Lifestyles			
	Bronze	Silver	Gold
B1	<p>Respond to different stimuli about what it means to be 'healthy'.</p> <p>Respond with curiosity to adult modelling/sensory stimuli about ways we take care of our bodies.</p> <p>Respond to stimuli about the ways pain can affect different parts of our body and how we can communicate to someone that we are in pain.</p> <p>Respond with curiosity to stimuli about the people who help us when we are feeling unwell.</p>	<p>Identify foods that we like and dislike to eat.</p> <p>Demonstrate or communicate an example of taking care of our bodies (e.g. skin, hair or teeth).</p> <p>Demonstrate how to tell someone that we are feeling ill, uncomfortable, or are in pain.</p> <p>Explain that when we are hurt or unwell we may have to go to bed, see a nurse or doctor, or go to the hospital.</p>	<p>Identify some examples of healthy foods.</p> <p>Recognise the importance of simple rules for sun safety.</p> <p>Recognise how we feel if we have not had enough sleep.</p> <p>Recognise that we may be given medicines to help us get better and that these will be given to us by a nurse or doctor (or by our parent/carer looking after us).</p>
B2	<p>Identify some examples of foods that should only be eaten once in a while.</p> <p>Describe or demonstrate simple hygiene routines.</p> <p>Identify the physical activities we like doing; describe how they might make us feel (physically and emotionally).</p> <p>Describe some simple ways of staying safe in the sun.</p> <p>Explain what it means to be hurt, unwell, uncomfortable or in pain.</p> <p>Identify medication that can help people to keep well; give examples of when this might be used</p>	<p>Explain why some foods are healthier than others.</p> <p>Recognise that sleeping well is one way we can stay healthy.</p> <p>Give reasons why it is important to take care of personal hygiene.</p> <p>Describe some of the different ways to be physically healthy.</p> <p>Identify the difference between things that go on our body (creams, lotions) and things that go in our bodies (injections, tablets, liquid medicine).</p> <p>Identify some substances or chemicals around the home that we should never taste or swallow; and where we might come across them.</p>	<p>Explain why we might need to eat foods we might not like very much.</p> <p>Explain how the physical activities we enjoy doing help to keep us healthy.</p> <p>Describe simple routines for going to bed/going to sleep.</p> <p>Explain the decisions we (or an adult who takes care of us) might make about how to keep us well.</p> <p>Recognise that people sometimes need to take medicines in different forms, including tablets, injections, inhalers.</p> <p>Explain why it is important not to touch, taste or take medicines without a trusted adult being with us.</p>

		Identify some symptoms we may experience when we are not feeling well.	Explain why we should never take someone else's medication.
B3	<p>Explain what it means to eat a healthy, balanced diet.</p> <p>Give examples of occasions when we can make choices about the foods that we like to eat.</p> <p>Describe what might happen if we don't take care of our personal hygiene.</p> <p>Explain some of the benefits of balancing exercise, food and rest</p> <p>Recognise and give examples of the difference between someone who can give us medicines/ drugs (e.g. doctors, nurses, pharmacists) and someone who cannot (e.g. our friends).</p> <p>Describe that sometimes we may be given an injection by a doctor or nurse to help to prevent us from catching a disease (vaccination).</p>	<p>Explain what can help us choose what to eat.</p> <p>Recognise that some people may not be able to eat certain foods because they will make them ill (allergies).</p> <p>Identify what might happen to our bodies if we don't protect them from overexposure to the sun.</p> <p>Explain why it is important to take care of our bodies both now and in the future.</p> <p>Explain why we should not accept medicines/ drugs from anyone (unless a responsible/ qualified person has given it to them for us, e.g. our parents/carers/trusted adults).</p> <p>Describe how smoking and drinking alcohol can affect people's health.</p> <p>Identify whom we can talk to if we are worried about health.</p>	<p>Describe which foods we should only eat occasionally and explain why eating too much of them could harm our health.</p> <p>Identify some influences on our food choices, and when these might be positive or negative.</p> <p>Explain some things that can stop us sleeping well, and suggest ways to manage these.</p> <p>Recognise how spending excessive time on electronic devices can affect sleep, mental and physical wellbeing.</p> <p>Give reasons why there are rules about what we can and should not put inside our bodies; and explain what these are.</p> <p>Identify some possible side effects of substances that are not meant for children to consume (e.g. alcohol).</p> <p>Explain that no-one should ever make us, or try and persuade us to drink alcohol, smoke, taste or swallow anything we are not sure is safe or that is against our wishes, and that we have a right to say no.</p> <p>Identify simple strategies we can use if we are offered a cigarette, alcohol or other type of substance.</p>

<p>B4</p>	<p>Respond to stimuli showing different aspects of a healthy lifestyle.</p> <p>Respond to stimuli about things we like to do which make us feel calm and relaxed.</p> <p>Respond to stimuli about different kinds of physical activity and exercise.</p> <p>Respond to stimuli about different kinds of food and drinks.</p> <p>Respond to stimuli showing different images of young people.</p> <p>Respond to stimuli about different health professionals (doctors, dentists, nurses) and how they take care of us</p> <p>Respond to stimuli about taking care of our body.</p>	<p>Recognise what is meant by a healthy lifestyle.</p> <p>Identify things we can do to help ourselves when we feel worried or stressed.</p> <p>Identify different kinds of physical activity and exercise</p> <p>Identify our favourite foods and drinks.</p> <p>Identify and describe some different images of young people in pictures, magazines, TV programmes and social media.</p> <p>Recognise what is meant by a 'medicine'</p> <p>Identify some substances people might swallow, drink or inhale that could be harmful to their health.</p>	<p>Identify different ways that people can live a healthy lifestyle.</p> <p>Recognise what mental health and emotional wellbeing are.</p> <p>Identify our favourite forms of physical activity and exercise.</p> <p>Describe our favourite foods and drinks, and give reasons for our choices.</p> <p>Describe our thoughts and feelings about how different bodies are portrayed in the media.</p> <p>Identify the difference between over the counter medicines and those prescribed by a doctor.</p> <p>Describe what alcohol is and how alcoholic drinks are different to nonalcoholic drinks.</p>
<p>B5</p>	<p>Describe how to take care of dental health (e.g. how to brush teeth correctly/ use floss, food and drink that support dental health and why regular checkups at the dentist are important).</p> <p>Explain the link between physical health and mental wellbeing.</p> <p>Suggest some simple ways to maintain our emotional wellbeing (e.g. relaxing, being with friends/family, listening to music).</p>	<p>Explain what a healthy lifestyle means, including the importance of healthy eating, sleep, personal hygiene, dental health, physical exercise and emotional wellbeing.</p> <p>Recognise when we need help with mental health or emotional wellbeing and whom we can speak to.</p> <p>Explain why it is important to seek help for ourselves or others if we are worried about unhealthy coping behaviours (e.g. self-harm or disordered eating).</p>	<p>Describe how we may feel if we don't get enough sleep, and strategies for maintaining good sleep patterns.</p> <p>Identify some simple strategies to help make positive choices about our health and wellbeing.</p> <p>Explain some of the long term benefits of regular physical activity and exercise.</p> <p>Explain what makes some foods better for our health than others.</p>

	<p>Identify some of the benefits of being physically active, and possible consequences of inactivity.</p> <p>Identify foods we can eat all the time which are good for us.</p> <p>Identify foods that should only be eaten occasionally</p> <p>Identify some ways in which images of people may be manipulated in the media/social media and therefore not reflect reality.</p> <p>Identify some examples of over the counter medicines.</p> <p>Identify some common legal drugs (e.g. nicotine and alcohol).</p> <p>Recognise that there are special rules (laws) around the selling and consumption of nicotine and alcohol, and why they exist.</p>	<p>Describe some of the physical and mental health benefits of regular exercise.</p> <p>Explain what we mean by a healthy, balanced diet.</p> <p>Explain why some people might want to change the way they look.</p> <p>Explain why some people might want to change the way they look.</p> <p>Describe how medicines, when used responsibly can help us to take care of our health (e.g. painkillers when we have a headache).</p> <p>Identify some benefits of not smoking/vaping or drinking alcohol, or of delaying use.</p> <p>Recognise that most young people choose not to smoke/vape, drink alcohol or use drugs.</p>	<p>Recognise what is meant by body image.</p> <p>Explain that there are special rules (laws) around supplying or possessing illegal substances, and why they exist.</p> <p>Describe some of the risks and possible consequences of drinking alcohol, smoking and other drugs on the body.</p> <p>Identify how misusing substances/alcohol might impact on relationships.</p> <p>Identify when, why and how to ask for help in relation to drugs and alcohol.</p>
B6	<p>Describe strategies for maintaining a healthy lifestyle, including balancing time spent on work, leisure, physical activity, online activities and sleep.</p> <p>Explain why it is important to have enough sleep.</p> <p>Describe some healthy coping strategies that can help if we are struggling to</p>	<p>Describe what might affect choices we make about our health, e.g. healthy eating (advertising), physical activity (playing on the computer, restrictions due to health conditions) sleep (worries, stress, social media).</p> <p>Describe how we can help friends or family who might be feeling stressed or unhappy.</p>	<p>Describe strategies for managing pressures and influences on healthy lifestyle choices.</p> <p>Identify reliable sources of advice and support for mental health and emotional wellbeing.</p> <p>Identify some strategies for challenging stereotypes and stigma relating to mental health.</p>

	<p>maintain our emotional wellbeing.</p> <p>Identify and challenge common stereotypes relating to physical activity</p> <p>Describe some of the long term benefits of a healthy diet.</p> <p>Identify some influences on young people to look a particular way, and the impact of these on emotional wellbeing.</p> <p>Recognise the importance of taking over the counter and prescribed medicines correctly</p> <p>Explain how drugs/alcohol can affect how people feel, influence their ability to make decisions and can contribute to causing accidents.</p> <p>Describe how pressure to use substances can come from a variety of sources, including people we know.</p>	<p>Identify things that can prevent people from seeking help with mental health issues (e.g. stigma)</p> <p>Describe the challenges that can prevent us from exercising, and suggest ways to overcome them.</p> <p>Explain some of the risks of consuming food and drinks with high sugar or caffeine content.</p> <p>Explain what is meant by self-esteem. Describe some ways we can maintain self-esteem in relation to body image.</p> <p>Explain that all drugs can have risks to health, even if they are legal or have been prescribed.</p> <p>Explain why we might put ourselves under pressure to try substances such as smoking and drinking (e.g. to fit in or not to feel left out).</p> <p>Describe or demonstrate strategies to resist pressure to smoke, drink alcohol or use illegal drugs</p>	<p>Identify ways of motivating ourselves to take exercise.</p> <p>Explain some of the influences on our food choices and strategies for managing these influences.</p> <p>Identify some of the risks associated with cosmetic/aesthetic procedures (e.g. piercings, tattoos, tanning).</p> <p>Explain why advertisers might use manipulated images and how recognising this might influence our responses.</p> <p>Explain long term personal and social risks of substance misuse.</p> <p>Describe what is meant by someone having a 'habit', or 'addiction' in terms of substance misuse.</p> <p>Identify reliable sources of support or advice if we are worried about ourselves or someone else in relation to substance misuse.</p>
--	--	---	---