

**LESSON OVERVIEWS**  
**Spring Term 1**  
**THEME: Health and Wellbeing**

YEAR 1	
Health and wellbeing	
Lesson 1	Understanding my feelings
Lesson 2	What am I like? - identifying strengths and qualities
Lesson 3	Ready for bed - effects of good quality sleep
Lesson 4	Relaxation - laughter and progressive muscle relaxation
Lesson 5	Hand washing & personal hygiene
Lesson 6	Sun safety
Lesson 7	Allergies
Lesson 8	People who help us stay healthy
YEAR 2	
Health and wellbeing	
Lesson 1	Experiencing different feelings
Lesson 2	Being active
Lesson 3	Relaxation - breathing exercises
Lesson 4	Steps to success - setting achievable goals
Lesson 5	Growth mindset - overcoming difficulties
Lesson 6	Healthy diet
Lesson 7	Looking after our teeth
YEAR 3	
Health and wellbeing	
Lesson 1	My Healthy diary - physical activity, rest and diet
Lesson 2	Relaxation - stretches
Lesson 3	Wonderful me!
Lesson 4	My superpowers

Lesson 5	Breaking down problems
Lesson 6	Diet and dental health

## YEAR 4

### Health and wellbeing

Lesson 1	Looking after our teeth
Lesson 2	Relaxation - visualisation
Lesson 3	Celebrating mistakes
Lesson 4	My role - my strengths and helping others
Lesson 5	My happiness
Lesson 6	Emotions
Lesson 7	Mental health

## YEAR 5

### Health and wellbeing

Lesson 1	Relaxation - yoga
Lesson 2	The importance of rest
Lesson 3	Embracing failure
Lesson 4	Going for goals
Lesson 5	Taking responsibility for my feelings
Lesson 6	Healthy meals
Lesson 7	Sun safety

## YEAR 6

### Health and wellbeing

Lesson 1	What can I be? - setting long term goals
Lesson 2	Relaxation - mindfulness
Lesson 3	Taking responsibility for my health
Lesson 4	The impact of technology on health

Lesson 5	Resilience toolbox
Lesson 6	The facts about immunisation
Lesson 7	Physical health concerns - where to get help
Lesson 8	Habits - positive and negative

