

ST.JOHN'S R.C. PRIMARY SCHOOL - HEALTH EDUCATION OVERVIEW

Year	Knowledge & Understanding	Skills	Attitudes
R	<ul style="list-style-type: none"> School rules relating to medicines. Simple safety rules about medicines and other substances used in the school. Ways of looking after the body - washing, cleaning teeth, washing hands after toilet, before meals etc. 	<ul style="list-style-type: none"> Communicating feelings such as concerns about illness and taking medicines. Following simple safety instructions for looking after their bodies. When and how to get help from adults. 	<ul style="list-style-type: none"> Valuing one's body and recognising its uniqueness.
1	<ul style="list-style-type: none"> Basic information about how the body works and ways of looking after the body - hygiene, first aid, safe play. Simple safety rules about medicines and other substances used in the home. The role of medicines (both prescribed and over-the-counter) in promoting health. People who are involved with medicines (such as health professionals, pharmacists, shopkeepers). People who can help children when they have questions or concerns. 	<ul style="list-style-type: none"> Communicating feelings such as concerns about illness and taking medicines. Following simple safety instructions. When and how to get help from adults. 	<ul style="list-style-type: none"> Valuing one's body and recognising its uniqueness. Attitudes toward medicines, health professionals and hospitals.
2	<ul style="list-style-type: none"> The role of medicines (both prescribed and over-the-counter) in promoting health and the reasons people use them. Understanding that all drugs can be harmful if not used properly. Consideration of alcohol and tobacco, their general effects on the body and on behaviour. People who can help children when they have questions or concerns. 		<ul style="list-style-type: none"> Attitudes toward medicines, health professionals and hospitals. Attitudes toward the use of alcohol and cigarettes. Responses to media and advertising presentations of medicines, alcohol and smoking.
3	<ul style="list-style-type: none"> School rules relating to medicines and solvents. More detailed information about the body, how it works and how to take care of it (tobacco and alcohol). Dangers from handling discarded syringes and needles. People who can help children when they have questions or concerns. 	<ul style="list-style-type: none"> Safety procedures when using medicines. Identifying risks. Coping with peer influences. Communicating with adults. Giving and getting help. 	<ul style="list-style-type: none"> Taking responsibility for one's own safety and behaviour. Valuing oneself and other people.
4	<ul style="list-style-type: none"> Different types of medicines (both prescribed and over-the-counter), legal drugs. Dangers from handling discarded syringes and needles. People who can help children when they have questions or concerns. 		<ul style="list-style-type: none"> Responses to media and advertising presentations of legal drugs. Attitudes and beliefs about different drugs and people who may use them. Valuing oneself and other people.
5	<ul style="list-style-type: none"> More detailed information about the body, how it works and how to take care of it (tobacco and alcohol). People who can help children when they have questions or concerns. 	<ul style="list-style-type: none"> Identifying risks. Coping with peer influences. Communicating with adults. Giving and getting help. Decision-making and assertiveness in situations relating to drug use. 	<ul style="list-style-type: none"> Responses to media and advertising presentations of alcohol, tobacco and other legal drugs. Attitudes and beliefs about different drugs and people who may use or misuse them.
6	<ul style="list-style-type: none"> Legal (tobacco and alcohol) and illegal drugs, including their form, their effects and their associated risks. Introduction to the law relating to the use of legal and illegal drugs. People who can help children when they have questions or concerns. 		<ul style="list-style-type: none"> Taking responsibility for one's own safety and behaviour. Valuing oneself and other people.