

**'Children First' Curriculum For Penybont**

Thread Progress Detail

ST3 - BIOLOGY		PROGRESSION STEP 1		PROGRESSION STEP 2			PROGRESSION STEP 3		
<b>Health &amp; Disease</b>	<b>Descriptors of Learning</b>						I can identify the threats to the development and health of organisms and recognise some natural defences, preventions and treatments.		
	<b>YEAR GROUP</b>	<b>N</b>	<b>R</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>Knowledge &amp; Skills</b>	To know WHY we brush our teeth.	How we brush our teeth and keep them well-looked after.  Understand the role of a dentist.  Nutrition, bad vs good foods for our teeth.	To develop an understanding of the affects that sugar can have on our teeth.  To understand why we brush our teeth  To understand how germs spread.		To understand the importance of good dental hygiene.  To begin to learn about food choices and the impact this has on our health. To understand the importance of handwashing.		To learn how to keep hearts healthy.  To learn basic first aid skills.  To know ways to keep hygienic and understand the impact of hygiene on health.	
	<b>Experiences</b>	Song about brushing teeth.  School Nurse (Amber).  Playdough teeth.	Advert on how we look after our teeth (Design to smile).  Dentist  School Nurse (Amber)  Sort good vs bad teeth.  Create their own set of teeth using air drying clay.	Egg shell teeth experiment  Brush bus song  Demonstration from dental hygienist – Leanne Gunter  Give out toothbrush and toothpaste  Demonstrating (dirty) teeth with disclosure tablets.  Glitter Germ experiment		Visit from dental hygienist. Creating plaque investigation with yeast and sugar. Visit from school nurse to introduce risks of not eating a healthy, balanced diet. Making a healthy cereal bar. Handwashing experiments. E.g., Slice of bread with dirty and washed hands. Investigating effects of sugary drinks on teeth (eggshell). Observing how Vitamin C protects our bodies (apple investigation). Understanding how food choices can affect our health by calculating digestion times.		School nurse visit St John's Ambulance Visit from doctor Welsh blood donors Investigate defibrillators	
	<b>Vocabulary</b>	Toothpaste  Toothbrush  Clean	Toothpaste  Plaque  Dentist  Healthy	Healthy  Decay  Sugar  Unhealthy  Rot  Clean  Fluoride		Sugar, bacteria, tooth decay, cavity, balanced diet, overweight, over-eating, germs, viruses and bacteria, infection, illness, flu, diarrhoea.		Hygiene, defibrillators, CPR, disease, resuscitation, heart disease, obesity, blockage, blood type, cardiovascular, exercise, blood pressure	
<b>Cross Cutting Themes</b>									
<b>Relationships and sexuality education (RSE)</b>		<b>Human Rights</b>		<b>Diversity</b>			<b>Careers and Work-related Experiences</b>		<b>Local, National and International Contexts</b>

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Y5/6: Personal hygiene during puberty	Year 3/4: THE RIGHT TO HEALTHCARE when sick and to healthy food, clean water, a clean environment and information to help stay healthy.		Year 3/4: Visit from dentist, nurse.  Y5/6: Welsh blood service, St John's Ambulance, nurse, doctor	Y5/6: International charities regarding blood/heart
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