

KS1 PSHE Health and Wellbeing Progression

		Reception	Year 1	Year 2
Health and Wellbeing	Summer 1	<p>Physical Health & Mental Wellbeing Know what keeping healthy means; to show resilience</p> <p>Growing & Changing Recognise what makes them unique; to understand likes/dislikes</p> <p>Keeping Safe Who keep us safe? Recognise risk in everyday situations</p>	<p>Keeping healthy; food and exercise, hygiene routines; sun safety Lesson 1 – Class Thrive Target and revisit Class Charter</p> <ul style="list-style-type: none"> Class Charter Every child has rights Different people have responsibilities to uphold those rights <p>Lesson 2 H1. about what keeping healthy means; different ways to keep healthy H10. about the people who help us to stay physically healthy</p> <p>Lesson 3 H2. about foods that support good health and the risks of eating too much sugar</p> <p>Lesson 4 H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p> <p>Lesson 5 H5. simple hygiene routines that can stop germs from spreading</p> <p>Lesson 6 H8. how to keep safe in the sun and protect skin from sun damage</p>	<p>Importance of sleep; medicines and keeping healthy; healthy teeth; managing feelings and asking for help Lesson 1 – Class Thrive Target and revisit Class Charter</p> <ul style="list-style-type: none"> Class Charter Every child has rights Different people have responsibilities to uphold those rights <p>Lesson 2 H4. about why sleep is important and different ways to rest and relax</p> <p>Lesson 3 H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy H37. about things that people can put into their body or on their skin; how these can affect how people feel</p> <p>Lesson 4 H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>Lesson 5 H11. about different feelings that humans can experience H12. how to recognise and name different feelings</p> <p>Lesson 6 H13. how feelings can affect people's bodies and how they behave H14. how to recognise what others might be feeling H15. to recognise that not everyone feels the same at the same time, or feels the same about the same things</p>
	Summer 2	<p>Recognising what makes them unique and special; feelings; managing when things go wrong; how rules and age restrictions help us; keeping safe online</p> <p>Lesson 1 H21. to recognise what makes them special H22. to recognise the ways in which we are all unique</p> <p>Lesson 2 H23. to identify what they are good at, what they like and dislike</p> <p>Lesson 3 H11. about different feelings that humans can experience H12. how to recognise and name different feelings</p> <p>Lesson 4 H24. how to manage when finding things difficult H16. about ways of sharing feelings; a range of words to describe feelings</p> <p>Lesson 5 H28. about rules and age restrictions that keep us safe H29. to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p>Lesson 6 H33. about the people whose job it is to help keep us safe H35. about what to do if there is an accident and someone is hurt H36. how to get help in an emergency (how to dial 999 and what to say)</p> <p><i>(H34. basic rules to keep safe online, including what is meant by personal information and what should be kept private; the importance of telling a trusted adult if they come across something that scares them) – covered through e-safety</i></p>	<p>Managing feelings and asking for help; growing older; animal life cycles; moving class or year; safety in different environments; risk and safety at home; emergencies</p> <p>Lesson 1 H17. about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)</p> <p>Lesson 2 H18. different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good</p> <p>Lesson 3 H19. to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it H20. about change and loss (including death); to identify feelings associated with this; to recognise what helps people to feel better</p> <p>Lesson 4 H26. about growing and changing from young to old and how people's needs change</p> <p>Lesson 5 H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters) H31. that household products (including medicines) can be harmful if not used correctly H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely</p> <p>Lesson 6 H27. about preparing to move to a new class/year group</p>	

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		Year 3	Year 4	Year 5	Year 6
Health and Wellbeing	Summer 1	<p>Health choices and habits; what affects feelings; expressing feelings</p> <p>Lesson 1 – Class Thrive Target and revisit Class Charter</p> <ul style="list-style-type: none"> Class Charter Every child has rights Different people have responsibilities to uphold those rights <p>Lesson 2</p> <p>H1. how to make informed decisions about health</p> <p>Lesson 3</p> <p>H3. about choices that support a healthy lifestyle, and recognise what might influence these</p> <p>H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle</p> <p>Lesson 4</p> <p>H5. about what good physical health means; how to recognise early signs of physical illness</p> <p>H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</p> <p>Lesson 5</p> <p>H17. to recognise that feelings can change over time and range in intensity</p> <p>H18. about everyday things that affect feelings and the importance of expressing feelings</p> <p>H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways;</p> <p>Lesson 6</p> <p>H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations</p>	<p>Maintaining a balanced lifestyle; oral hygiene and dental care; medicines and household products</p> <p>Lesson 1 – Class Thrive Target and revisit Class Charter</p> <ul style="list-style-type: none"> Class Charter Every child has rights Different people have responsibilities to uphold those rights <p>Lesson 2</p> <p>H2. about the elements of a balanced, healthy lifestyle</p> <p>H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health</p> <p>Lesson 3</p> <p>H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.</p> <p>Lesson 4</p> <p>H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle</p> <p>Lesson 5</p> <p>H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)</p> <p>Lesson 6</p> <p>H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)</p>	<p>Healthy sleep habits; sun safety; medicines, immunisations, vaccinations and allergies; keeping safe in different situations, responding in emergencies</p> <p>Lesson 1 – Class Thrive Target and revisit Class Charter</p> <ul style="list-style-type: none"> Class Charter Every child has rights Different people have responsibilities to uphold those rights <p>Lesson 2</p> <p>H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn</p> <p>Lesson 3</p> <p>H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer</p> <p>Lesson 4</p> <p>H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed</p> <p>Lesson 5</p> <p>H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about</p> <p>Lesson 6</p> <p>H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say</p>	<p>Mental health and ways to take care of it; managing change, loss and bereavement; managing time online; increasing independence; managing transition; keeping personal information safe;</p> <p>Lesson 1 – Class Thrive Target and revisit Class Charter</p> <ul style="list-style-type: none"> Class Charter Every child has rights Different people have responsibilities to uphold those rights <p>Lesson 2</p> <p>H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health</p> <p>H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing</p> <p>Lesson 3</p> <p>H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others</p> <p>H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult</p> <p>Lesson 4</p> <p>H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement</p> <p>Lesson 5</p> <p>H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools</p> <p>H36. strategies to manage transitions between classes and key stages (there will be further transition lessons during Spring 2)</p> <p>Lesson 6</p> <p>H35. about the new opportunities and responsibilities that increasing independence may bring</p>

Summer 2	<p>Personal strengths and achievements; managing and reframing setbacks; risks and hazards; safety in the local environment and unfamiliar places</p> <p>Lesson 1 H27. to recognise their individuality and personal qualities</p> <p>Lesson 2 H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p>Lesson 3 H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking</p> <p>Lesson 4 H38. how to predict, assess and manage risk in different situations</p> <p>Lesson 5 H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe</p> <p>Lesson 6 H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say</p>	<p>Personal identity; recognising individuality and different qualities; mental wellbeing;</p> <p>Lesson 1 H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)</p> <p>Lesson 2 H27. to recognise their individuality and personal qualities</p> <p>H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth</p> <p>Lesson 3 H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health</p> <p>Lesson 4 H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing</p> <p>Lesson 5 H18. about everyday things that affect feelings and the importance of expressing feelings H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways</p> <p>Lesson 6 H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations</p>	<p>First aid; physical and emotional changes in puberty; personal hygiene routines; support with puberty</p> <p>Lesson 1 H43. about what is meant by first aid; basic techniques for dealing with common injuries²</p> <p>Lesson 2 H43. about what is meant by first aid; basic techniques for dealing with common injuries²</p> <p>Lesson 3 H31. about the physical and emotional changes that happen when approaching and during puberty H34. about where to get more information, help and advice about growing and changing, especially about puberty</p> <p>Lesson 4 H31. about the physical and emotional changes that happen when approaching and during puberty H34. about where to get more information, help and advice about growing and changing, especially about puberty</p> <p>Lesson 5 H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it</p> <p>Lesson 6 H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene</p>	<p>Regulations and choices; drug use and the law; puberty, reproductive organs</p> <p>Lesson 1 H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming (online safety included in e-safety lessons)</p> <p>Lesson 2 H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact (also covered in e-safety)</p> <p>Lesson 3 H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) H26. that for some people gender identity is different from how they were born</p> <p>Lesson 4 H31. about the physical and emotional changes that happen when approaching and during puberty H30. to identify the external genitalia and internal reproductive organs in males and females (taught separately)</p> <p>Lesson 5 H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others</p> <p>Lesson 6 H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines) H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns</p>
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