



PSHE CURRICULUM: Health & Well Being

KS1 CURRICULUM PROGRESSION OVERVIEW

Based on Statutory Guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education		
Aspect	Yr1 Essential Knowledge & Skills	Yr2 Essential Knowledge & Skills
Mental Wellbeing	<ul style="list-style-type: none"> • Identify strengths and set simple but challenging goals. <ul style="list-style-type: none"> - Strengths are things we are good at, such as football, art or dancing. - Goals are things we are aiming to achieve, such as joining a football team, learning a new painting technique or performing in a show. • Recognise that people’s bodies and feelings can be hurt by the activities, events and people encountered in everyday life. <ul style="list-style-type: none"> - People's bodies can be hurt in some everyday activities. - It is important to follow safety procedures and have adult supervision where there may be dangers, such as crossing a road or near water. - People's feelings can be hurt by others saying unkind things. - It is important to talk to a trusted adult if they have been hurt, either physically or emotionally. 	<ul style="list-style-type: none"> • Recognise that people can reflect upon, and learn from, their experiences. <ul style="list-style-type: none"> - Our experiences can teach us how to behave in the future. • Identify which kinds of physical contact are acceptable and comfortable or unacceptable and uncomfortable, and how to respond. <ul style="list-style-type: none"> - Some types of physical contact are acceptable and comfortable, such as holding a hand to cross a road or a cuddle from a parent or grandparent. - Some types of physical contact are unacceptable and can make someone feel uncomfortable. - If this happens, it is important to talk about it with a trusted adult.
Additional Vocab		
Life Changes	<ul style="list-style-type: none"> • Recognise that time moves forward, and changes happen over time. <ul style="list-style-type: none"> - Change is a natural part of life. - Changes include family changes, such as new babies arriving or moving house. - People suffer losses, such as friends leaving, toys going missing and pets dying. 	<ul style="list-style-type: none"> • Describe the effects of loss and change. <ul style="list-style-type: none"> - Loss can result in some negative emotions, including anger, sorrow and guilt. - Change can cause mixed emotions, such as excitement, anticipation, anxiety and fear. - It is important to recognise that these are normal feelings and talking with friends and family can help
Additional Vocab		
Internet Safety & Harms	<p>A-B-C Searching (E Safety Scheme): Pupils will be able to ...</p> <ul style="list-style-type: none"> • learn how to search online by using the alphabet. • understand how to search for a specified letter of the alphabet on a children’s directory site. • apply the results of their alphabet search to create a picture dictionary. 	<p>Staying Safe Online(E Safety Scheme): Pupils will be able to ...</p> <ul style="list-style-type: none"> • understand that being safe when they visit websites is similar to staying safe in real life. • learn to recognize websites that are good for them to visit. • recognize if they should ask an adult they trust before they visit a particular website. <p>Sending Emails: Pupils will be able to:</p> <ul style="list-style-type: none"> • understand that the Internet provides a means of communicating with real people. • describe how email messages are sent and received.

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		<ul style="list-style-type: none"> demonstrate an appreciation of how real people send messages to one another on the Internet through a role-playing activity. <p>Screen Out The Mean: Pupils will be able to ...</p> <ul style="list-style-type: none"> analyze online behaviours that could be considered cyberbullying. explain how to deal with a cyberbullying situation. recognize the importance of engaging a trusted adult when they experience cyberbullying. <p>Using Key words: Pupils will be able to ...</p> <ul style="list-style-type: none"> understand the function of keywords and keyword searches. learn a step-by-step procedure for selecting suitable keywords. apply their chosen keywords to find the information they are looking for on the Internet. <p>Sites I Like: Pupils will be able to ...</p> <ul style="list-style-type: none"> identify and explore different features of an informational website. understand that not everyone will rate a website the same way. evaluate whether they like or dislike features of a site.
Additional Vocab		
Physical Health; Fitness, diet and sleep	<ul style="list-style-type: none"> State what constitutes a healthy lifestyle. - A healthy lifestyle includes eating a healthy, balanced diet with plenty of fresh fruit and vegetables, drinking water, doing plenty of exercise, keeping good hygiene and getting plenty of sleep. 	<ul style="list-style-type: none"> Explain how to maintain a healthy lifestyle. - To maintain a healthy lifestyle, it is important to consistently eat a healthy, balanced diet with plenty of fresh fruit and vegetables, do plenty of exercise, drink enough water, get plenty of sleep and keep good hygiene.
Additional Vocab		
The Consumer: Drugs, Alcohol & Tobacco	<ul style="list-style-type: none"> Recognise that household products, including medicines, can be harmful if not used properly. - Some everyday products in our homes can be harmful if not used properly. - These include medicines, cleaning products, such as bleach and washing powder, insecticides and pesticides. - It is important not to touch these products and only use them under adult supervision when necessary. 	<ul style="list-style-type: none"> Describe the role that money plays in people's lives, including how to keep it safe, choices about spending or saving money and what influences those choices. - Money plays an important role in people's lives. - People earn money by working and spend money on housing, food and entertainment. - Most people have a bank account where their money is kept safe.
Additional Vocab		
Health & Prevention	<ul style="list-style-type: none"> Recognise the importance of personal hygiene and how to maintain it. - Personal hygiene is important to prevent germs from getting into the body and causing illness. 	<ul style="list-style-type: none"> Demonstrate how some diseases are spread and can be controlled. - Some diseases are caused by germs spreading from one person to another, such as colds, flu.

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	<ul style="list-style-type: none"> - Washing hands before eating and after going to the toilet is important in preventing the spread of germs. - Good dental hygiene means brushing teeth twice a day using fluoride toothpaste, visiting the dentist regularly and limiting sugary drinks and snacks. • Basic First Aid Training: <ul style="list-style-type: none"> - make a clear and efficient call to emergency services if necessary. 	<ul style="list-style-type: none"> - Germs can spread to other people via surfaces, such as door handles and table tops. - To prevent this spread, it is important that hands are always washed before eating and after going to the toilet. • Basic First Aid Training: <ul style="list-style-type: none"> - make a clear and efficient call to emergency services if necessary.
Additional Vocab		
Changing Adolescent Body	<ul style="list-style-type: none"> • Identify the stages people go through as they grow older and recognise that their responsibilities, needs and lifestyles change over time. <ul style="list-style-type: none"> - People grow from being babies to toddlers, then children, adolescents, adults and elderly people. - As people grow older, they have more responsibilities, such as having a job, buying a house, looking after children and elderly parents. 	<ul style="list-style-type: none"> • Recognise the names for the main parts of the body (including external genitalia) and the body similarities and differences between boys and girls. <ul style="list-style-type: none"> - The human body is made up of many different parts. - Some of these are the same in boys and girls: head, eyes, ears, nose, mouth, neck, shoulders, arms, hands, chest, tummy, legs, ankles and feet. - Some of these are different in boys and girls: boys have testicles and a penis, and girls have a vagina.
Additional Vocab		