



PSHE CURRICULUM: Health & Well Being

LOWER KEY STAGE TWO CURRICULUM PROGRESSION OVERVIEW

Based on Statutory Guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education		
Aspect	Yr3 Essential Knowledge & Skills	Yr4 Essential Knowledge & Skills
Mental Wellbeing Life Changes	<ul style="list-style-type: none"> • Identify personal goals and define achievements. <ul style="list-style-type: none"> - A goal is an aim or a purpose that can be worked towards. - An achievement is something that has been completed or gained through planning, hard work and challenges, which creates a sense of satisfaction. • Relate appropriately to a wide range of positive and negative feelings in others. <ul style="list-style-type: none"> - People may experience positive and negative feelings and it is important to relate appropriately to others' feelings. - For example, offering encouragement and advice can be a helpful response if someone is feeling worried. - If someone is behaving aggressively because they feel frustrated, offering criticism in an angry tone of voice could cause an argument. 	<ul style="list-style-type: none"> • Outline aspirations and ways to achieve them. <ul style="list-style-type: none"> - Aspirations are things that an individual hopes to achieve. - These can involve education, jobs, personality, hobbies or lifestyle. - Eg, a person may aspire to become more confident or eat a healthier diet. • Identify which behaviours positively and negatively affect their physical, mental and emotional health, including what kind of physical contact is acceptable. <ul style="list-style-type: none"> - Some behaviours can affect a person's health in a negative way. - These include eating an unbalanced diet, doing little or no exercise, suffering from stress and having poor personal hygiene. - It is important to say no to any physical contact that feels uncomfortable or unsafe and talk to a trusted adult about it.
	<ul style="list-style-type: none"> • Discuss how life changes can positively or negatively affect mental, emotional and physical health. <ul style="list-style-type: none"> - Life changes may be positive or negative and can affect mental, emotional and physical health in different ways. - For example, moving house may cause feelings of anxiety and sleeplessness. 	<ul style="list-style-type: none"> • Recognise that separation or divorce can create a variety of life changes that can affect mental and emotional health. <ul style="list-style-type: none"> - Separation is an arrangement when two married people stop living together as a couple. - Divorce is an official, legal process that ends a marriage. - These can create a variety of life changes, including loss of family life, change of home, exposure to negative emotions in others, feelings of sadness or anger.
Additional Vocab		
Internet Safety & Harms	<p>Keep It Private (E Safety Scheme): Pupils will be able to ...</p> <ul style="list-style-type: none"> • recognize the kind of information that is private. • understand that they should never give out private information on the Internet. • learn to create effective usernames that protect their private information. <p>My Online Community: Pupils will be able to ...</p> <ul style="list-style-type: none"> • consider what it means to go online and use the Internet. • compare and contrast how they are connected to different people and 	<p>Powerful Passwords(E Safety Scheme):Pupils will be able to ...</p> <ul style="list-style-type: none"> • understand the functions of passwords. • identify strategies for creating and protecting secure passwords. • create their own secure passwords using the lesson guidelines. <p>Group Think: Pupils will be able to ...</p> <ul style="list-style-type: none"> • learn that people their age sometimes think and behave differently in groups. • try to understand the feelings of someone who is the target of cyberbullying. • generate ways to be upstanders when faced with cyberbullying. <p>Whose Is It Anyway?</p>

**LEAGRAVE PRIMARY SCHOOL
STRIVING FOR EXCELLENCE, LEARNING FOR LIFE**

	<p>places, in person and on the Internet.</p> <ul style="list-style-type: none"> • demonstrate an understanding of how people can connect on the Internet by drawing a map of their online community. <p>Follow The Digital Trail: Pupils will be able to ...</p> <ul style="list-style-type: none"> • learn that the information they put online leaves a digital footprint or “trail.” • explore what information is appropriate to be put online. • judge the nature of different types of digital footprints by following the information trails of two fictional animals. <p>Show respect Online: Pupils will be able to ...</p> <ul style="list-style-type: none"> • understand how to show respect in social situations. • recognize the importance of tone in both face-to-face and online communication • learn rules for writing clear and respectful emails by editing an email message. <p>Things For Sale: Pupils will be able to ...</p> <ul style="list-style-type: none"> • understand that the main purpose of product sites is to encourage viewers to buy the product. • recognize how a site’s fun and interesting features help sell the product. • create their own product site home pages with features designed to sell their products. 	<p>Pupils will be able to ...</p> <ul style="list-style-type: none"> • define plagiarism and describe its consequences. • explain how giving credit is a sign of respect for people’s work. • articulate when it is acceptable to use people’s work, and how to write a citation. <p>Rating websites: Pupils will be able to ...</p> <ul style="list-style-type: none"> • evaluate the quality of informational websites. • rate informational websites by applying criteria. • compare their results and learn that all sites are not of equal quality.
Additional Vocab		
Physical Health; fitness, diet, sleep	<ul style="list-style-type: none"> • Recognise opportunities to make choices about food and understand what might influence these choices. - Eating a balanced diet has many health benefits. - Short-term benefits include maintaining a healthy weight and having more energy. - Long-term benefits include living a longer life and reducing the risk of diseases (cancer, diabetes, cardiovascular disease and obesity). 	<ul style="list-style-type: none"> • Discuss the concept of a balanced lifestyle. - A balanced lifestyle involves regular exercise, a healthy diet, rest, good dental hygiene, fulfilling relationships and a variety of activities and experiences
Additional Vocab		
The Consumer: Drugs, Alcohol & Tobacco	<ul style="list-style-type: none"> • Demonstrate the skills needed to succeed in enterprise education. - Enterprise education is giving children the opportunity to practise using the skills and qualities that are needed when running a business. - These skills and qualities include creativity, decision-making, initiative, managing risk, problem-solving, positive attitude, independence, 	<ul style="list-style-type: none"> • Examine the role money plays in the lives of children and adults today. - People have access to different amounts of money depending on their age, employment and family circumstances. - Money is important as it pays for housing, food, clothing and entertainment.

**LEAGRAVE PRIMARY SCHOOL
STRIVING FOR EXCELLENCE, LEARNING FOR LIFE**

	communication and cooperation.	
Additional Vocab		
Health & Prevention	<ul style="list-style-type: none"> • Recognise that following simple routines can reduce the spread of bacteria and viruses. - Simple routines can contribute to good personal hygiene and reduce the spread of bacteria and viruses. - These routines include regularly washing hands, covering your mouth and nose when you sneeze or cough and bathing or showering regularly. • 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"> • Discuss how individuals can become responsible for their personal hygiene and the consequences of neglecting personal hygiene. - Personal hygiene involves keeping yourself clean and healthy. - This can include showering or bathing regularly, using deodorant, brushing teeth twice a day and changing clothes regularly. - Neglecting personal hygiene can result in bad breath and unpleasant body odour. • Basic First Aid Training: <ul style="list-style-type: none"> - how to make a clear and efficient call to emergency services if necessary. - concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Additional Vocab		
Changing Adolescent Body	<ul style="list-style-type: none"> • Describe how growing up provides life experiences that can teach valuable lessons. - Positive and negative experiences can help people learn and improve. - For example, falling out with friends over the choice of game might teach someone to listen to others and take it in turns in future. 	<ul style="list-style-type: none"> • Recognise that growing up brings increasing independence and responsibility. Independence means the ability to live your life without being helped or influenced by other people. - Responsibility means that something is your job or duty. - Independence and responsibility include decision-making, resisting peer pressure, keeping focussed and keeping safe.
Additional Vocab		