



PSHE CURRICULUM: Health & Well Being

UPPER KEY STAGE TWO CURRICULUM PROGRESSION OVERVIEW

Based on Statutory Guidance: Relationships Education, Relationships and Sex Education (RSE) and Health Education		
Aspect	Yr5 Essential Knowledge & Skills	Yr6 Essential Knowledge & Skills
Mental Wellbeing	<ul style="list-style-type: none"> • Demonstrate how people can work collaboratively to achieve shared goals. <ul style="list-style-type: none"> - People can work collaboratively by listening carefully to each other, sharing ideas and expertise, compromising, completing their roles effectively and making joint decisions. • Explain how the pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources. <ul style="list-style-type: none"> - Pressure to behave in unacceptable, unhealthy or risky ways can come from friends, family members, school, online contacts or the media. - This behaviour may lead to life choices that damage short and long-term physical, mental and emotional health. 	<ul style="list-style-type: none"> • Understand the importance of facing new challenges to achieve a goal or an aspiration. <ul style="list-style-type: none"> - Facing new challenges is a positive choice and can help individuals achieve a goal or an aspiration. - New challenges might include overcoming a fear of heights, spending time away from family members, asking for further help or taking part in a new activity. • Recognise that people have a right to protect their body from inappropriate and unwanted contact and that some actions, such as female genital mutilation (FGM), constitute abuse and are crimes. <ul style="list-style-type: none"> - Unwanted contact and some actions, such as female genital mutilation, are forms of abuse and criminal offences. - They can have lasting consequences on victims, who may require support from outside agencies, such as ChildLine.
Additional Vocab		
Life Changes	<ul style="list-style-type: none"> • Outline how the death of a person can affect all aspects of life and create acute feelings of grief. <ul style="list-style-type: none"> - It is normal that the death of a person, who is a close family member or friend, can affect all aspects of life. - Grief is an emotion of great sadness. It can be long-lasting but can ease with time and support. 	<ul style="list-style-type: none"> • Analyse and develop strategies to manage feelings during transition to secondary school. <ul style="list-style-type: none"> - Transition to secondary school can create positive and negative feelings that can be managed using different strategies. - These include finding out information about transition; visiting the school; building up self-esteem and resilience and talking to friends, family and teachers.
Additional Vocab		
Internet Safety & Harms	<p>You've Won A Prize (E Safety Scheme): Students will be able to ...</p> <ul style="list-style-type: none"> • define what spam is. • explore strategies for safely managing unwanted messages. • identify different forms of spam. <p>Rings Of Responsibility: Students will be able to ...</p> <ul style="list-style-type: none"> • reflect upon their offline responsibilities. • examine their online responsibilities. 	<p>Talking Safely Online: Students will be able to ...</p> <ul style="list-style-type: none"> • compare and contrast online-only friends and in-person, face-to-face pals. • analyze why private information should not be given to anyone online without the permission of a trusted adult. • debate how to respond if an online-only friend asks them personal questions. <p>Privacy rules: Students will be able to ...</p> <ul style="list-style-type: none"> • learn which information they should avoid sharing online because it is private.

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	<p>learn that good digital citizens are responsible and respectful in the digital world (and beyond).</p> <p>Writing Good Emails: Students will be able to ...</p> <ul style="list-style-type: none"> • identify the five main parts of letter/email writing. • compare and contrast the format of letter writing to that of writing emails. • proofread a draft of an email. <p>Choosing A Search Site: Students will be able to ...</p> <ul style="list-style-type: none"> • compare and contrast features of children’s search sites. • understand that they can choose the best sites for each of their searches. • explain why it is best to utilize multiple sites when doing research. <p>Right Sites: Students will be able to ...</p> <ul style="list-style-type: none"> • explore the differences between quality and appeal as they evaluate children’s informational websites. • evaluate informational websites and compare their findings. • understand that they need to consider both the quality and appeal of a site when choosing which informational websites are right for them. 	<ul style="list-style-type: none"> • understand which kinds of websites have privacy policies, and why. <p>practice checking websites they visit for privacy policies and privacy seals of approvals.</p> <p>Power Of Words: Students will be able to ...</p> <ul style="list-style-type: none"> • empathize with those who have received mean and hurtful messages. • judge what it means to cross the line from harmless to harmful communication online. • generate solutions for dealing with cyberbullying. <p>Advertising Detectives: Students will be able to ...</p> <ul style="list-style-type: none"> • identify different kinds of advertisements on websites. • understand that the purpose of online advertising is to make people want to buy products. • learn that websites try to make visitors want to hang out there so they can see more adverts. • understand that online adverts often target them.
Additional Vocab		
Physical Health; fitness, diet, sleep	<ul style="list-style-type: none"> • Explain how lifestyle choices can have a positive, neutral or negative impact on health. - Lifestyle choices, such as what diet to eat, whether to take regular exercise, and what activities and pastimes to engage in, can have a positive, neutral or negative impact on health. - There can be short or long-term effects on health. - For example, smoking causes bad breath and stained fingers in the short term. Long-term problems include lung cancer and heart disease. 	<ul style="list-style-type: none"> • Investigate the role of voluntary, community and pressure groups, especially in relation to health and well-being. - There are voluntary, community and pressure groups that campaign and provide information to improve the health and well-being of members of society. - A voluntary group is run by volunteers (unpaid people who work for an organisation). - A community group works to benefit people living in a particular area. - A pressure group tries to affect public policy in relation to a particular cause.
Additional Vocab		
The Consumer: Drugs, Alcohol & Tobacco	<ul style="list-style-type: none"> • Explain how to manage money and the importance of being a critical consumer. - Managing money involves budgeting so there is enough money to buy essentials, spending wisely and avoiding debt. - A critical consumer researches goods, ensures the price is fair, reads reviews and questions claims made in advertising. 	<ul style="list-style-type: none"> • Identify which commonly available substances and drugs (alcohol, tobacco and ‘energy drinks’) can damage their immediate and future health and safety. - Some substances and drugs are restricted or illegal to possess and use (tobacco, alcohol and cannabis) because they cause short and long-term damage to people’s physical, emotional and mental health. - For example, in the short term, alcohol can make people feel drunk, fall over

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		<ul style="list-style-type: none"> and lose their inhibitions. - In the long term, it can cause liver disease, heart attacks and strokes.
Additional Vocab		
Health & Prevention	<ul style="list-style-type: none"> • Understand the increased importance of personal hygiene during puberty. - Puberty is the time when a person develops from a child into an adult because of changes in their body that make them able to have children. - During puberty, skin can become oily, facial hair and pubic hair start to grow and sweating and body odour can increase. It is especially important to keep good personal hygiene during puberty. • Basic First Aid Training: <ul style="list-style-type: none"> - 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. 	<ul style="list-style-type: none"> • Understand that bacteria, viruses and fungi are types of microorganism that are found everywhere and can affect health in positive and negative ways. - Bacteria, viruses and fungi are types of microorganism (living things that are so small they can only be seen using a microscope). - They can be helpful (such as bacteria used in cheese-making) or harmful (such as the influenza virus, which can make us unwell). • Basic First Aid Training: <ul style="list-style-type: none"> - 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 the physical and emotional changes associated with puberty. - The physical changes associated with puberty include growth, spots, facial and pubic hair growth and menstruation in girls. - The emotional changes associated with puberty include mood swings and extreme emotional reactions. 	<ul style="list-style-type: none"> • Describe the changes that happen during reproduction and pregnancy. - A female egg is fertilised by a male sperm cell and the fertilised egg then divides many times and forms into a baby over nine months.
Additional Vocab		