

Ghyllgrove Primary School – Wellbeing

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Well Being	Healthy Life Styles	<p>To know how to reduce the risk of sun damage</p> <p>To know basic personal hygiene e.g handwashing</p> <p>To know which adults to speak to in school if they are worried about their health.</p>	<p>To know about how personal hygiene can prevent the spread of bacterial viruses.</p> <p>To know what an active lifestyle is and the benefits of it.</p> <p>To know how to build regular exercise into routines.</p> <p>To know the risks associate with an inactive lifestyle.</p>	<p>Know about dental health and the benefits of good oral hygiene and dental flossing inc regular check-ups at the dentist</p> <p>To know what constitutes a healthy diet.</p> <p>To know the principles of planning and preparing healthy meals.</p> <p>Know the risks associated with a poor diet and healthy eating.</p>	<p>To know the importance of good quality sleep for good health and that a lack of sleep can effect weight, mood and ability to learn.</p> <p>To know about the dangers of smoking and how smoking affects the body.</p>	<p>To know about the effects of exposure to the sun and how to reduce the risk of sun damage.</p> <p>To know about the dangers of alcohol and how alcohol affects the body.</p>	<p>To know how to recognise signs of early illness, such as weight loss or unexplained changes to the body.</p> <p>To know the facts and science relating to allergies, immunisation and vaccination</p> <p>To know the facts about legal and illegal drug taking</p>
	Growing, Changing & reproducing	<p>Recognise the main stages of the human lifecycle (baby child adult)</p> <p>Medway Y1/2 We Are Growing- Human Life Cycle</p>	<p>Recognise the process of growing takes time and describe what changes when people grow older</p> <p>Medway Y1/2 We Are Growing- Human Life Cycle</p>		<p>To understand how independence changes as we grow and understand peoples' feelings about growing and changing.</p>	<p>To know the key physical and emotional changes of puberty and the importance of good personal hygiene</p> <p>To know about the menstrual cycle and menstrual</p>	<p>To know how babies are made</p> <p>To know what sexual intercourse is and to know that this may be one part of an intimate relationship between consenting adults.</p>

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	First Aid	<p>Identifying the people in the community who help us and how we can contact them:</p> <p>To know how to make a clear and efficient call to emergency services</p> <p>To know what first aid is</p>	<p>To know how to avoid bites and stings.</p> <p>To know how to deal with bites and stings.</p>	To know what asthma is and to know what to do if someone is having an asthma attack	To know how to administer first aid for bleeding and shock	<p>To know what to do if a toddler, child or adult is choking.</p> <p>To know how to administer basic life support and deal with common head injuries.</p>	
Relationships	Feelings and Emotions	To recognise and talk about their emotions.	<p>To know that there is normal range of emotions and scale of emotions that all humans experience.</p> <p>To judge whether what they are feeling and how they are behaving is appropriate and proportionate.</p>	<p>To know what mental wellbeing is and that it is a normal part of daily life like physical health.</p> <p>To know that bullying and unkindness can have a negative and often lasting impact on mental wellbeing.</p>	<p>To know the benefits of protective factors on mental health e.g. physical exercise, time outdoors...</p> <p>To know simple self-care techniques e.g. rest time spent with friends, hobbies and interests and meditation.</p>	To know that isolation and loneliness can affect children and adults and how to deal with this.	<p>To know that it is common for people to experience mental ill health and know how this can be treated.</p> <p>To identify the range of feeling associated with change, transition to secondary school and becoming more independent.</p>

	Families and Friendships	<p>To know that families are important because they give love, security and stability. Medway Y1/2 My Special People</p> <p>To know how to ask for help if family relationships are making them feel unhappy or unsafe. To know how to choose and make friends.</p>	<p>To understand that everyone has an important role to play in their own family dynamic and know ways to improve this e.g. manners, kindness...</p> <p>To know some simple characteristics of a good friend e.g. Medway Y1/2 My Special People</p>	<p>To know that different families look different and to respect these differences.</p> <p>To know that stable caring relationships should be at the core of all families.</p> <p>To know that marriage or civil partnership is a common way for people to formalise a relationship and is intended to be lifelong. To know how to develop and build stronger friendships</p>	<p>To know that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded.</p>	<p>Understand that friendships have ups and downs and that these can often be worked through so that a friendship can be repaired.</p>	<p>Know how to recognise who to trust and not trust and how to judge when a friendship is making them feel unhappy or uncomfortable.</p> <p>To be able manage conflict and know when to seek help or advice from others.</p>
	Respectful relationships	<p>To develop good manners</p> <p>To know what bullying is and how it is different from disagreements (STOP)</p>	<p>To demonstrate courteous behaviour to others.</p> <p>To know how to show respect to others.</p> <p>To know what bullying is and to know what to do if it is happening.</p>	<p>To know about different types of bullying, the impact of bullying, the responsibilities of bystanders and how to get help.</p> <p>To challenge simple stereotypes about boys and girls.</p>	<p>To know the importance of respecting others even when they are very different to them, or have different choices, preferences or beliefs.</p> <p>To know that to be treated with respect they in</p>	<p>What is a stereotype and how stereotypes can be unfair negative or destructive?</p>	<p>To know the importance of self-respect and how this links to happiness</p>

			To know that bodies and feelings can be hurt.		turn need to show respect and how to improve respectful relationships.		
Message to be repeated every year	Being Safe	To understand the concept of privacy To understand the concept of consent To know the difference between good and bad secrets To understand the difference between appropriate and inappropriate physical contact To know how to respond to and report any thing that makes them feel unsafe To know where to seek advice and how to ask for it					
Living in the Wider World	Living with others	To know different groups which you can belong to and why being part of a group is important.	To know why groups have rules. To understand how you contribute to the groups that you are in.	To know why contributing to your community is important and to know different ways to contribute to your community. To understand how harmful behaviours can upset communities.	To know about the varied institutions that support communities locally and nationally. To know that people join organisations to improve their own and other lives.	To know what laws are and why we have them. To know how laws are enforced. To know the consequences of breaking the law.	To know that they have different kinds of responsibilities, rights and duties at home, at school, in the community, and towards the environment and to continue to develop the skills to exercise these.
	Environment	To understand that human behaviour can affect the environment.	To know how humans can improve the environment.	To identify an environmental issue in the school and try to improve it.	To identify an environmental issue in the local community and try to improve it.	To identify a national environmental issue and try to improve it.	To identify an international environmental issue and try to improve it.
	Money Management	Understand that people have to	To understand that money comes	Understand that banks can help us	To begin to understand	To understand how interest	To understand how finance will

		<p>work to earn money.</p> <p>To know that we can only buy what we have enough money for and it may not be possible to have everything you want straight away if at all.</p>	<p>in different forms.</p> <p>To understand that saving money can help us buy what we want in the future.</p>	<p>save money but can also lend money.</p> <p>Begin to make comparison between prices when deciding what is best value for money.</p>	<p>money management and how to budget and save.</p> <p>To understand there are a range of earnings for different jobs.</p> <p>To understand that people have different financial circumstances.</p>	<p>works when you borrow money.</p> <p>To understand what debt is and the difference between manageable and unmanageable debt.</p> <p>To understand that using money to trade can make more money.</p>	<p>play an important part of their life in achieving their aspirations.</p> <p>To understand that using money to save or invest can make more money.</p>
	Aspirations	<p>To set a simple but challenging goal and know how they can achieve it.</p> <p>To be able to talk about 'the learning' rather than the activity</p>	<p>To know their own strengths and be able to build on these.</p> <p>To know that they can get better at things they find hard by having a growth mindset</p>	<p>To set a goal, plan to achieve it, act on this and evaluate the impact</p> <p>To identify obstacles that may prevent them from achieving their goals and consider how to overcome these</p>	<p>To learn from mistakes</p> <p>To develop resilience and understand how important this skill is</p> <p>To know what 'aspirations' are, why they are important and the dangers of not having them</p>	<p>To know the importance and value of careers to people's lives</p> <p>To know a range of different careers</p> <p>To consider what careers interest them</p>	<p>To understand that different careers have different rewards</p> <p>To know that some careers require more commitment and/or qualifications to enter but these will also offer more gratifications</p> <p>To consider what their future might hold and what they would need to do to make this happen</p>

Our Programme of Study for PSHE education (key stages 1-5) aims to develop skills and attributes such as **resilience, self-esteem, risk-management, teamworking and critical thinking** in the context of three core themes: health and wellbeing, relationships and living in the wider world (including economic wellbeing and aspects of careers education).