



# St Peter's Catholic Primary School

## Curriculum links: RSE

Health Education **Autumn** **Spring** **Summer**

Topic 1: Mental wellbeing

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
That mental wellbeing is a normal part of daily life, in the same way as physical health.		Sum (PSHE – Physical Health and mental Wellbeing)			Sum (JinL)		Sum (PSHE – Physical Health and mental Wellbeing)
That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.		Sum (PSHE – Growing and Changing)	Sum (JinL)	Sum (PSHE – Physical Health and mental Wellbeing)	Sum (JinL)	Sum (JinL)	
How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.		Sum (PSHE – Growing and Changing)		Sum (PSHE – Physical Health and mental Wellbeing)	Sum (JinL)	Sum (JinL)	Sum 2 (JinL)
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.			Sum (PSHE – Physical Health and mental Wellbeing)		Sum (JinL)	Sum (JinL)	Sum (PSHE – Physical Health and mental Wellbeing)
The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.			Sum (PSHE – Physical Health and mental Wellbeing)		Sum (PSHE – Growing and Changing)		
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.		Sum (PSHE – Growing and Changing)	Sum (PSHE – Physical Health and mental Wellbeing) (PSHE – Growing and Changing)		Sum (PSHE – Growing and Changing)  Sum 2 (JinL)		
That isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.		Sum (PSHE – Growing and Changing)	Sum (PSHE – Growing and Changing) (JinL)	Sum (JinL)	Aut 1 (PSHE – Families and Friendships)		Sum (PSHE – Physical Health and mental Wellbeing)  Sum (PSHE – Growing and Changing)
That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.		Aut 1 (PSHE – Safe Relationships)	Aut (PSHE – Safe Relationships)	Aut 1 (PSHE – Safe Relationships)			
Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).			Aut (PSHE – Safe Relationships)  Sum (PSHE – Physical Health and mental Wellbeing)		Aut 1 (PSHE – Safe Relationships)	Aut 1 (PSHE – Respecting ourselves and others)	Sum (PSHE – Physical Health and mental Wellbeing)
That it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is		Sum (PSHE – Growing and Changing)					Sum (PSHE – Physical Health and mental Wellbeing)

made available, especially if accessed early enough.							
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Anti-Bullying week – November  
Zones of regulation, mental wellbeing, peace button

## Health Education

### Topic 2: Internet Safety and Harms

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
That for most people the internet is an integral part of life and has many benefits.		Spr 1 (PSHE -Media literacy and digital resilience)	Spr 1 (PSHE -Media literacy and digital resilience)				Spr 1 (PSHE -Media literacy and digital resilience)
About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.		Sum (PSHE – Physical health and Mental wellbeing)					Sum (PSHE – Physical health and Mental wellbeing)
How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.		Aut 1 (PSHE – Safe Relationships)	Aut 1 (PSHE – Safe Relationships)	Spr 1 (PSHE -Media literacy and digital resilience)			Spr 1 (PSHE -Media literacy and digital resilience) Sum 2 (JinL)
Why social media, some computer games and online gaming, for example, are age restricted.		Sum (PSHE – Keeping safe)					Spr (PSHE - Money and work) Sum (PSHE – Keeping safe)
That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.		Sum (PSHE – Keeping safe)		Spr 1 (PSHE -Media literacy and digital resilience)	Aut (PSHE – Safe relationships)	Sum 1 (Computing - We Are Bloggers)	Sum (PSHE – Keeping safe)
How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.			Spr 1 (PSHE -Media literacy and digital resilience)		Spr 2 (Computing - We Are Co-Authors)	Spr 2 (Computing - We Are Web Developers)	Aut 1 (Computing - We Are App Developers)
Where and how to report concerns and get support with issues online.		Sum (PSHE – Keeping safe)	Aut 2 (Computing - We Are Detectives)	Aut 2 (Computing - We are Communicators)		Sum 1 (Computing - We Are Bloggers)	Sum (PSHE – Keeping safe) Sum 2 (JinL)

Antibullying week – November  
Safer Internet Day - February

## Health Education

### Topic 3: Physical Health and Fitness

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
The characteristics and mental and physical benefits of an active lifestyle.		Spr 1 (PSHE – Physical health and Mental wellbeing)	Aut (Science - Animals including humans (healthy eating/exercise/hygiene))	Spr 1 (PSHE – Physical health and Mental wellbeing)			
The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.		Spr 1 (PSHE – Physical health and Mental wellbeing)	Aut (Science - Animals including humans (healthy eating/exercise/hygiene))	Spr 1 (PSHE – Physical health and Mental wellbeing)			
The risks associated with an inactive lifestyle (including obesity).		Spr 1 (PSHE – Physical health and Mental wellbeing)		Spr 1 (PSHE – Physical health and Mental wellbeing)			
How and when to seek support including which adults to speak to in school if they are worried about their health.		Spr 1 (PSHE – Physical health and Mental wellbeing)					Spr 1 (PSHE – Physical health and Mental wellbeing)

## Health Education

### Topic 4: Healthy Eating

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
What constitutes a healthy diet (including understanding calories and other nutritional content)		Sum (DT – Eat well plate)		Spr (Science – Animals including humans)			
The principles of planning and preparing a range of healthy meals.		(DT – Eat well plate)	Aut (DT – A Victorian Christmas)	Spr (Science – Animals including humans)			
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).		Spr 1 (PSHE – Physical health and Mental wellbeing)	Aut (DT – A Victorian Christmas)	Spr 1 (PSHE – Physical health and Mental wellbeing)	Sum (Science – Living things and their habitats)		

## Health Education

### Topic 5: Drugs, alcohol and tobacco

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drugtaking.			Spr 1 (PSHE – Keeping safe)		Spr 1 (PSHE – Keeping safe)		Spr 1 (PSHE – Keeping safe)

## Health Education

### Topic 6: Health and Prevention

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.					Sum (PSHE – Physical Health and Mental Wellbeing)		
About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.		Sum (PSHE – Physical Health and Mental Wellbeing)		Aut 2 (Science – Light)			
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.			Sum (PSHE – Physical Health and Mental Wellbeing)			Sum (PSHE – Physical health and Mental wellbeing)	
About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.			Sum (PSHE – Physical Health and Mental Wellbeing)		Sum (PSHE – Physical Health and Mental Wellbeing)		
About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.		Sum (PSHE – Physical Health and Mental Wellbeing)			Sum (PSHE – Keeping safe)	Sum (PSHE – Physical health and Mental wellbeing)	
The facts and science relating to allergies, immunisation and vaccination			Sum (PSHE – Physical Health and Mental Wellbeing)		Sum (PSHE – Keeping safe)	Sum (PSHE – Physical health and Mental wellbeing)	

## Health Education

### Topic 7: Basic First Aid

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
How to make a clear and efficient call to emergency services if necessary.			Sum (PSHE – Keeping safe)			Sum (PSHE – Keeping safe)	
Concepts of basic first-aid, for example dealing with common injuries, including head injuries.			Sum (PSHE – Keeping safe)			Sum (PSHE – Physical health and Mental wellbeing)	

## Health Education

### Topic 8: Changing Adolescent Body

Pupils should know...	EYFS	YR1	YR2	YR3	YR4	YR5	YR6
Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.			Sum (PSHE – Growing and changing)			Sum (PSHE – Growing and changing) (Science – Living things and their Habitats) Sum (JinL)	Sum (PSHE – Growing and changing)
About menstrual wellbeing including the key facts about the menstrual cycle.						Sum (PSHE – Growing and changing) Sum (JinL)	