



St Peter's Catholic Primary School

Progression of skills: PSHE and RSE (Health and Wellbeing)

Health and Wellbeing	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Spring 1	<ul style="list-style-type: none"> - See themselves as a valuable individual - Identify and moderate their own feelings socially and emotionally - Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, tooth brushing, sensible amounts of 	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> - What it means to be healthy and why it is important - Ways to take care of themselves on a daily basis - About basic hygiene routines - About healthy and unhealthy foods - About physical activity and how it keeps people healthy - About 	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> - About routines and habits for maintaining good physical and mental health - Why sleep and rest are important for growth - That medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies - The importance of brushing teeth and visiting the dentist - How to describe and share a range of feelings - Ways to feel 	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> - About the choices that people make in daily life that could affect their health - To identify healthy and unhealthy choices - What can help people to make healthy choices and what might negatively influence them - About habits and that sometimes they can be 	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> - To identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally - What good physical health means and how to recognise early signs of physical illness - That common illnesses can be quickly and easily 	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> - How sleep contributes to a healthy lifestyle - Healthy sleep strategies and how to maintain them - About the benefits of being outdoors and in the sun for physical and mental health - How to manage risk in relation to sun exposure, including skin damage and heat stroke 	<p><i>Pupils should know:</i></p> <ul style="list-style-type: none"> - That mental health is just as important as physical health and that both need looking After - To recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support - How negative experiences such as being bullied or feeling lonely

	<p>screen time, good sleep routine, safe pedestrian ELGs: - Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses - Set and work towards simple goals, being able to wait for what they want and control impulses - Manage their own basic hygiene and personal needs - Negotiate space and obstacles safely, with consideration for themselves and others</p>	<p>different types of play, e.g. indoor, outdoor, screen time - About how people can help them to stay healthy - How to keep safe in the sun - How rules can help to keep us safe - Why some things have age restrictions - Basic rules for staying safe online - Whom to tell if they see something online that worries them</p>	<p>good, calm down or change their mood - How to manage big feelings including those associated with change, loss and bereavement - When and how to ask for help with their feelings - How to recognise risk in everyday situations, e.g. road, water and rail safety, medicines - How to help keep themselves safe in familiar and unfamiliar environments, such as in school, online and 'out and about' - To identify potential unsafe situations, who is responsible for keeping them safe in these situations, and steps they can take to avoid or remove themselves from</p>	<p>maintained, changed or stopped - The positive and negative effects of habits - What is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally - That regular exercise such as walking or cycling has positive benefits for their mental and physical health - About the things that affect feelings both positively and negatively - Strategies to identify and talk about their feelings</p>	<p>treated with the right care - How to maintain oral hygiene and dental health, including how to brush and floss correctly - The importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health - The importance of taking medicines correctly and using household products safely - To recognise what is meant by a 'drug'</p>	<p>- How medicines can contribute to health and how allergies can be managed - That some diseases can be prevented by vaccinations and immunisations - That bacteria and viruses can affect health - How they can prevent the spread of bacteria and viruses with everyday hygiene routines - To recognise the shared responsibility of keeping a clean environment - To identify when situations are becoming risky, unsafe</p>	<p>can affect mental wellbeing - Positive strategies for managing feelings - That there are situations when someone may experience mixed or conflicting Feelings - How feelings can often be helpful, whilst recognising that they sometimes need to be overcome - To recognise that if someone experiences feelings that are not so good (most or all of the time) - help and support is available - Identify where they and others can ask for help and</p>
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			<p>danger</p> <ul style="list-style-type: none"> - How to help keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products - About things that people can put into their body or onto their skin and how these can affect how people feel - How to respond if there is an accident and someone is hurt - About whose job it is to keep us safe and how to get help in an emergency, including how to dial 999 and what to say 	<ul style="list-style-type: none"> - About some of the different ways people express feelings e.g. words, actions, body language - To recognise how feelings can change overtime and become more or less powerful - How to identify typical hazards at home and in school - How to predict, assess and manage risk in everyday situations e.g. crossing the road, running in the playground, in the kitchen - About fire safety at home including the need for smoke alarms 	<ul style="list-style-type: none"> - That drugs common to everyday life (e.g. cigarettes) can affect health and wellbeing - To identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects - To identify some of the risks associated with drugs common to everyday life - That for some people using drugs can become a habit which is difficult to break - How to ask for help or advice 	<p>or an emergency</p> <ul style="list-style-type: none"> - To identify occasions where they can help take responsibility for their own safety - To differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour - How to deal with common injuries using basic first aid techniques - How to respond in an emergency, including when and how to contact different emergency services - That female genital mutilation 	<p>support with mental wellbeing in and outside school</p> <ul style="list-style-type: none"> - The importance of asking for support from a trusted adult - About the changes that may occur in life including death, and how these can cause conflicting feelings - That changes can mean people experience feelings of loss or grief - About the process of grieving and how grief can be expressed - About strategies that can help someone cope with the feelings
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				<ul style="list-style-type: none"> - The importance of following safety rules from parents and other adults - How to help keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety 		<p>(FGM) is against British law'</p> <ul style="list-style-type: none"> - What to do and whom to tell if they think they or someone they know might be at risk of FGM 	<p>associated with change or loss</p> <ul style="list-style-type: none"> - To identify how to ask for help and support with loss, grief or other aspects of change - How balancing time online with other activities helps to maintain their health and wellbeing - Strategies to manage time spent online and foster positive habits e.g. switching phone off at night - What to do and whom to tell if they are frightened or worried about something online - How to protect
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							<p>personal information online</p> <ul style="list-style-type: none">- To identify potential risks of personal information being misused- Strategies for dealing with requests for personal information or images of themselves- To identify types of images that are appropriate to share with others and those which might not be appropriate- That images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be
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							<ul style="list-style-type: none">- What to do if they take, share or come across an image which may upset, hurt or embarrass them or others- How to report the misuse of personal information or sharing of upsetting content/ images online- About the different age rating systems for social media, T.V, films, games and online gaming- Why age restrictions are important and how they help people make safe decisions about what to watch, use or play
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						<ul style="list-style-type: none">- About the risks and effects of different drugs- About the laws relating to drugs common to everyday life and illegal drugs- To recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs- About the organisations where people can get help and support concerning drug use- How to ask for help if they have concerns about drug use- About mixed messages in the media
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							<i>relating to drug use and how they might influence opinions and decisions</i>
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