



Health Education Curriculum

| Aspect | Year 1 | Year 2 |
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| Mental Wellbeing | <p>C: I know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <ol style="list-style-type: none"> 1. I know that there are 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. 2. I know the benefits of physical exercise on mental wellbeing and happiness. 3. I know about the importance of rest. 4. I know it is common for people to experience mental ill health and that for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. | <p>C: I know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <ol style="list-style-type: none"> 1. I know the benefits of physical exercise and time outdoors on mental wellbeing and happiness. 2. I know about the importance of rest and time spent with friends and family. 3. I know it is common for people to experience mental ill health and that for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. |
| Internet Safety and Harms | <p>C: I know that for most people the internet is an integral part of life and has many benefits.</p> <p>C: I know where and how to report concerns and get support with issues online.</p> <ol style="list-style-type: none"> 1. I understand the benefits of rationing time spent online and the risks of excessive time spent on electronic devices on my own, others' mental health and physical wellbeing. 2. I understand why some computer games are age restricted. 3. I know that the internet can also be a negative place where bullying can take place, which can have a negative impact on mental health. | <p>C: I know that for most people the internet is an integral part of life and has many benefits.</p> <p>C: I know where and how to report concerns and get support with issues online.</p> <ol style="list-style-type: none"> 1. I understand the side effects of my online actions on others. 2. I know how to be a discerning consumer of information online |
| Physical health and fitness | <ol style="list-style-type: none"> 1. I know about 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. | <ol style="list-style-type: none"> 1. I know how and when to seek support including which to speak to in school if they are worried about their health. |
| Healthy eating | <ol style="list-style-type: none"> 1. I know what constitutes a healthy diet. | |
| Health and prevention | <ol style="list-style-type: none"> 1. I know about safe and unsafe exposure to the sun and how to reduce the risk of sun damage, including skin cancer. | <ol style="list-style-type: none"> 1. I know about personal hygiene and germs and the importance of handwashing. |

| Aspect | Year 3 | Year 4 |
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| Mental Wellbeing | <p>C: I know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <ol style="list-style-type: none"> 1. I know the benefits of physical exercise, time outdoors and community participation on mental wellbeing and happiness. 2. I can recognise and talk about my emotions, including having a varied vocabulary of words to use when talking about my own and others' feelings. 3. I can judge whether what I am feeling and how I am behaving is appropriate. 4. I know 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. 5. I know how to seek support, including whom in school should be spoken to if worried about my own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). | <p>C: I know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>C: I know it is common for people to experience mental ill health and that for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <ol style="list-style-type: none"> 1. I know the benefits of physical exercise, time outdoors, community participation and voluntary activity on mental wellbeing and happiness. 2. I know simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. 3. I know it is common for people to experience mental ill health and that for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. |
| Internet Safety and Harms | <p>C: I know that for most people the internet is an integral part of life and has many benefits.</p> <p>C: I know where and how to report concerns and get support with issues online.</p> <ol style="list-style-type: none"> 1. I understand 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 my own and others' mental health and physical wellbeing. 2. I understand why some computer games and online gaming are age restricted. 3. I know that the internet can also be a negative place where online abuse, trolling and bullying can take place, which can have a negative impact on mental health. | <p>C: I know that for most people the internet is an integral part of life and has many benefits.</p> <p>C: I know where and how to report concerns and get support with issues online.</p> <ol style="list-style-type: none"> 1. I understand the side effects of my online actions on others and know how to recognise and display respectful behaviour online. 2. I know how to be a discerning consumer of information online including understanding that information, including from search engines is ranked, selected and targeted. |
| Physical health and fitness | <ol style="list-style-type: none"> 1. I understand the risks associated with an inactive lifestyle (including obesity). | <ol style="list-style-type: none"> 1. I understand the varied risks associated with an inactive lifestyle. |
| Healthy eating | <p>C: I understand the principles of planning and preparing a range of healthy meals.</p> <ol style="list-style-type: none"> 1. I know what constitutes a healthy diet (including understanding calories and other nutritional content). 2. I know the characteristics of a poor diet. | |
| Drugs, alcohol and tobacco | | <p>C: I know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> |

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| <p>Health and prevention</p> | <p>1. I know about dental health and the benefits of good oral hygiene and dental flossing including regular check-ups at the dentist.</p> | <p>1. I know the facts and science relating to allergies, immunisation and vaccinations.</p> |
| <p>Basic first aid</p> | <p>C: I know how to make a clear and efficient call to emergency services if necessary. C: I know the basic concepts of first aid, for example, dealing with common injuries, including head injuries.</p> | <p>C: I know how to make a clear and efficient call to emergency services if necessary. C: I know the basic concepts of first aid, for example, dealing with common injuries, including head injuries.</p> |

| Aspect | Year 5 | Year 6 |
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| Mental Wellbeing | <p>C: I know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>C: I know it is common for people to experience mental ill health and that for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <ol style="list-style-type: none"> 1. I know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. 2. I can judge whether what I am feeling and how I am behaving is appropriate and proportionate. 3. I know 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). | <p>C: I know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>C: I know it is common for people to experience mental ill health and that for many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</p> <ol style="list-style-type: none"> 1. I know the varied benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. 2. I know that bullying, including cyber bullying, has a negative and often lasting impact on mental wellbeing. |
| Internet Safety and Harms | <p>C: I know that for most people the internet is an integral part of life and has many benefits.</p> <p>C: I know where and how to report concerns and get support with issues online.</p> <ol style="list-style-type: none"> 1. I understand 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 my own and others' mental health and physical wellbeing. 2. I understand why social media, some computer games and online gaming are age restricted. 3. I know 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. | <p>C: I know that for most people the internet is an integral part of life and has many benefits.</p> <p>C: I know where and how to report concerns and get support with issues online.</p> <ol style="list-style-type: none"> 1. I understand the side effects of my online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. |
| Healthy eating | <p>C: I understand the principles of planning and preparing a range of healthy meals.</p> <ol style="list-style-type: none"> 1. I know the characteristics of a poor diet and the risks associated with unhealthy eating (for example obesity and tooth decay). | |
| Drugs, alcohol and tobacco | | <p>C: I know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> |

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| <p>Health and prevention</p> | <ol style="list-style-type: none"> 1. I know how to recognise early signs of physical illness, such as weight loss or unexplained changes to the body. 2. I know the importance of good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. 3. I know about personal hygiene and germs, including bacteria and viruses, and how they are spread and treated | |
| <p>Basic First Aid</p> | <p>C: I know how to make a clear and efficient call to emergency services if necessary.</p> <p>C: I know the basic concepts of first aid, for example, dealing with common injuries, including head injuries.</p> | <p>C: I know how to make a clear and efficient call to emergency services if necessary.</p> <p>C: I know the basic concepts of first aid, for example, dealing with common injuries, including head injuries.</p> |
| <p>Changing adolescent body</p> | <ol style="list-style-type: none"> 1. I know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. | <ol style="list-style-type: none"> 1. I know about menstrual wellbeing, including the key facts about the menstrual cycle. |