



**PSHE and Relationships Education, Relationships and Sex Education (RSE) and Health Education Progression:
Health and Wellbeing Curriculum Map**



	Mental Wellbeing	Internet and Safety Harms	Physical Health and Fitness	Drugs, alcohol and tobacco	Health and Prevention	Basic First Aid	Changing adolescent body
Year 2	<p>Know that mental wellbeing is a normal part of daily life, in the same way as physical health. Forefield Five Autumn 1 and Summer 2 1 decision- Practise Makes Perfect (Spring 2)</p> <p>Know 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. 1 decision- worry and anger (Summer 2) 1 decision – Bullying unit, Body Language unit (Autumn 1)</p> <p>Know how to judge whether what they are feeling and how they are behaving is appropriate. 1 decision- worry and anger (Summer 2) 1 decision – Bullying unit, Body Language unit (Autumn 1)</p>	<p>Know that for most people the internet is an integral part of life and has many benefits. (Links to Computing) Digital Literacy Lesson taught half termly Aut 1 Staying Safe Online Aut 2 Follow the Digital Trail Spr 1 Screen out the Mean Spr 2 Using Keywords Sum 1 Sites I like</p> <p>Know 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. (links to Computing) 1 decision- Image Sharing Unit (Spring 1)</p> <p>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. (links to Computing) 1 decision- Image Sharing Unit (Spring 1)</p>	<p>Know 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. (links with PE) Planned as part of Keeping Staying Healthy half term (Summer 1)</p> <p>Know the principles of planning and preparing a range of healthy meals. (links with DT Autumn Term- recorded through D.T.) 1 decision- Healthy Eating Unit (Autumn 2)</p> <p>Know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example tooth decay) (links with DT- Autumn Term) Links with Science- importance for humans of exercise, eating right amounts etc. (Spring Term/ Summer Term) 1 decision- Brushing Teeth Unit (Autumn 2)</p>	N/A	<p>Know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. 1 decision- Brushing Teeth Unit (Autumn 2)</p>	<p>Know how to make a clear and efficient call to emergency services if necessary. 1 decision- Helping someone in need (Spring 2)</p> <p>Know concepts of basic first-aid, for example dealing with common injuries, including head injuries. Basic First Aid Training- planned by Teacher with support resources of St John's Ambulance (Summer 1)</p>	N/A



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	Mental Wellbeing	Internet and Safety Harms	Physical Health and Fitness	Drugs, alcohol and tobacco	Health and Prevention	Basic First Aid	Changing adolescent body
Year One	<p>Know that there is a normal range of emotions (e.g. happiness, anger) 1 decision – jealousy unit Summer Term 2</p> <p>Know the benefits of physical exercise, time outdoor and community participation on mental wellbeing and happiness. Autumn Term- Mental Health Focus Rising Stars Champions planning Healthy Mind, Emotions and Goals</p>	<p>Know where and how to report concerns and get support with issues online. (links to Computing) Digital Literacy Lessons per half term Aut 1) Going places safely Aut 2) ABC searching Spr 1) Keep it Private Spr 2) My Creative work Sum1) Sending Email 1 decision- Online Bullying Unit (Spring 1)</p>	<p>Know the characteristics and mental and physical benefits of an active lifestyle. Ongoing (links with PE)</p> <p>Know what constitutes a healthy diet (the eat well plate) (links with DT) Aut 1- DT Lesson</p>	<p>Know about legal substances e.g. medicines and how to be safe around them. PSHE- medicines lesson- Autumn 2 – Planned by teacher</p>	<p>Know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. (Summer Term) PSHE- Staying safe in the sun Summer 1 planned by the teacher</p> <p>Know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. 1 decision- Handwashing Unit—Autumn 2</p>	<p>Know concepts of basic first-aid, for example dealing with common injuries, including head injuries. Basic First Aid Training-planned by Teacher with support resources of St John’s Ambulance (Summer 1)</p>	N/A
Reception	<p>Know that there is a normal range of emotions (e.g. happiness, anger)</p> <p>Knowing who in school they should speak to if they are worried about something.</p>	<p>Know that if something pops up online that you tell an adult. (links to Computing) Smartie the Penguin Digital Literacy Lessons</p>	<p>Know that when we are in the outdoors and doing physical activity, it helps to keep us healthy and happy. (links to PD- health and self care/ PSED)</p>		<p>Talking about how to keep safe in the sun wearing sun hat, sitting in the shade, wearing sun cream. (links to PD- health and self care/ PSED)</p>	<p>Know to tell an adult if they hurt themselves in school.</p> <p>Know who can help us-linked to Emergency Services (link to Understanding of the world-people and communities)</p>	
Nursery	<p>Talk about emotions and feelings during play (links to PSED)</p>	<p>Know that if something pops up online that you tell an adult. (links to Computing)</p>	<p>Taking part in a range of physical activities (links to PD- health and self care/ PSED)</p>		<p>Talking about how to keep safe in the sun wearing sun hat, sitting in the shade, wearing sun cream. (links to PD- health and self care/ PSED)</p>	<p>Know to tell an adult if they hurt themselves in school.</p>	



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