

## Physical Health and Mental Wellbeing

### Mental wellbeing

PH & MW Objective	Linked to PSHE	Taught	
		Year gp	Term
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.	H11 and H12	Year 1	Autumn 2 Summer 1
		Year 2	Autumn 2 Summer 2
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.	H16	Year 1	Autumn 2 Summer 1
		Year 2	Autumn 2 Summer 2
How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	H13	Year 1	Autumn 2 Summer 1
		Year 2	Autumn 2 Summer 2
The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	H17	Year 1	Autumn 2 Summer 1
		Year 2	Autumn 2 Summer 2
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	H17	Year 1	Autumn 2 Summer 1
		Year 2	Autumn 2 Summer 2
Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	H19	Year 1	Autumn 2 Summer 1
		Year 2	Autumn 2 Summer 2
Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	R12 and R20	Year 1	Autumn 1
		Year 2	Autumn 1

## Internet safety and harms

PH & MW Objective	Linked to PSHE	Taught	
		Year gp	Term
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.	H34	Year 2	Spring 2
How to consider the effect of their online actions on others and know how to recognize and display respectful behavior online and the importance of keeping personal information private.	H34	Year 2	Spring 2
Why social media, some computer games and online gaming, for example, are age restricted.	H28	Year 2	Spring 2
Where and how to report concerns and get support with issues online.	H34	Year 2	Spring 2

## Physical health and fitness

PH & MW Objective	Linked to PSHE	Taught	
		Year gp	Term
The characteristics and mental and physical benefits of an active lifestyle.	H3	Year 1	Summer 1
		Year 2	Summer 2
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.	H3	Year 1	Summer 1
		Year 2	Summer 2

## Healthy eating

PH & MW Objective	Linked to PSHE	Taught	
		Year gp	Term
What constitutes a healthy diet.	H2	Year 1	Summer 1
		Year 2	Summer 2
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).	H2 and H3	Year 1	Summer 1
		Year 2	Summer 2

## Health and Prevention

PH & MW Objective	Linked to PSHE	Taught	
		Year gp	Term
Safe and unsafe exposure to the sun.	H8	Year 1	Summer 1
		Year 2	Summer 2
The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	H4	Year 1	Summer 1
		Year 2	Summer 2
About dental health and the benefits of good oral hygiene and dental flossing including regular check-ups at the dentist.	H7	Year 1	Summer 1
		Year 2	Summer 2
About personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of handwashing.	H5	Year 1	Summer 1
		Year 2	Summer 2
The facts and science relating to allergies, immunisation and vaccination.	H6	Year 1	Summer 1
		Year 2	Summer 2

## Basic first aid

PH & MW Objective	Linked to PSHE	Taught	
		Year gp	Term
How to make a clear and efficient call to emergency services if necessary.	H36	Year 2	Autumn 2
Concepts of basic first-aid, for example dealing with common injuries, including head injuries.	H35	Year 2	Autumn 2