

Coverage of statutory health education in the Hadley Wood PSHE curriculum

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Mental wellbeing						
Pupils learn:						
that mental wellbeing is a normal part of daily life, in the same way as physical health	Mental health and emotional wellbeing: Feelings				Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
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	Mental health and emotional wellbeing: Feelings				Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
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.	Mental health and emotional wellbeing: Feelings		Mental health and emotional wellbeing: Strengths and challenges		Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	Mental health and emotional wellbeing: Feelings			Relationships and health education: Growing up and changing	Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds
the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			Mental health and emotional wellbeing: Healthy minds
simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.		Physical health and wellbeing: What keeps me healthy?		Physical health and wellbeing: What is important to me?		Mental health and emotional wellbeing: Healthy minds
isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.		Mental health and emotional wellbeing: Friendship	Mental health and emotional wellbeing: Strengths and challenges		Keeping safe and managing risk: Making safer Choices Mental health and emotional wellbeing: Dealing with feelings	Mental health and emotional wellbeing: Healthy minds Relationships and health education: Healthy relationships
that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.			Keeping safe and managing risk: Bullying – see it, say it, stop it			

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).	Mental health and emotional wellbeing: Feelings	Mental health and emotional wellbeing: Friendship	Keeping safe and managing risk: Bullying – see it, say it, stop it	Relationships and health education: Growing up and changing	Mental health and emotional wellbeing: Dealing with feelings Keeping safe and managing risk: Making safer choices	Mental health and emotional wellbeing: Healthy minds
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 made available, especially if accessed early enough.	Mental health and emotional wellbeing: Feelings					Mental health and emotional wellbeing: Healthy minds

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Internet safety and harms						
Pupils learn:						
that for most people the internet is an integral part of life and has many benefits.		Keeping safe and managing risk: Indoors and outdoors		Keeping safe and managing risk: Playing safe Relationships and health education: Growing up and changing	Physical health and wellbeing: In the media Keeping safe and managing risk: Making safer choices Identity, society and equality: Stereotypes, discrimination and prejudice Drug, alcohol and tobacco education: Different influences	Relationships and health education: Healthy relationships
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.		Keeping safe and managing risk: Indoors and outdoors		Keeping safe and managing risk: Playing safe Physical health and wellbeing: What is important to me?	Keeping safe and managing risk: Making safer choices	

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		Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices	Keeping safe and managing risk: Keeping safe out and about
why social media, some computer games and online gaming, for example, are age restricted.				Keeping safe and managing risk: Playing 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.			Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices	
how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.			Physical health and wellbeing: What helps me choose?	Keeping safe and managing risk: Playing safe	Keeping safe and managing risk: Making safer choices Physical health and wellbeing: In the media	
where and how to report concerns and get support with issues online.		Keeping safe and managing risk: Indoors and outdoors	Keeping safe and managing risk: Bullying – see it, say it, stop it		Keeping safe and managing risk: Making safer choices	

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical health and fitness						
Pupils learn:						
the characteristics and mental and physical benefits of an active lifestyle.		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			Mental health and emotional wellbeing: Healthy minds
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.		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			
the risks associated with an inactive lifestyle (including obesity).		Physical health and wellbeing: What keeps me healthy?	Physical health and wellbeing: What helps me choose?			
how and when to seek support including which adults to speak to in school if they are worried about their health.	Physical health and wellbeing: Fun times	Physical health and wellbeing: What keeps me healthy?	Keeping safe and managing risk: Bullying – see it, say it, stop it	DATE: Making choices Keeping safe and managing risk:	Keeping safe and managing risk: Playing safe: Making safer choices	DATE: Weighing up risk

	<p>DATE: What do we put into our bodies?</p> <p>Keeping safe and managing risk: Feeling safe</p> <p>Mental health and emotional wellbeing: Feelings</p>	<p>Mental health and emotional wellbeing: Friendship</p> <p>Keeping safe and managing risk: Indoors and outdoors</p>	<p>DATE: Tobacco is a drug</p>	<p>Playing safe</p> <p>Relationships and health education: Growing up and changing</p>	<p>Mental health and emotional wellbeing: Dealing with feelings</p>	<p>Relationships and health education: Healthy relationships</p> <p>Mental health and emotional wellbeing: Healthy minds</p>
--	--	--	---	---	--	--

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy eating						
Pupils learn:						
what constitutes a healthy diet (including understanding calories and other nutritional content).		<p>Physical health and wellbeing: What keeps me healthy?</p>	<p>Physical health and wellbeing: What helps me choose?</p>	<p>Physical health and wellbeing: What is important to me?</p>	<p>Physical health and wellbeing: In the media</p>	
the principles of planning and preparing a range of healthy meals.		<p>Physical health and wellbeing: What keeps me healthy?</p>	<p>Physical health and wellbeing: What helps me choose?</p>	<p>Physical health and wellbeing: What is important to me?</p>	<p>Physical health and wellbeing: In the media</p>	
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).		<p>Physical health and wellbeing: What keeps me healthy?</p>	<p>Physical health and wellbeing: What helps me choose?</p>	<p>Physical health and wellbeing: What is important to me?</p>	<p>Physical health and wellbeing: In the media</p> <p>DATE: Different influences</p>	<p>DATE: Weighing up risk</p>

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Drugs, alcohol and tobacco						
Pupils learn:						
the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	<p>DATE: What do we put into our bodies?</p>	<p>DATE: Medicines and me</p>	<p>DATE: Tobacco is a drug</p>	<p>DATE: Making choices</p>	<p>DATE: Different influences</p>	<p>DATE: Weighing up risk</p>

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and prevention						
Pupils learn:						
how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		<p>Physical health and wellbeing: What keeps me healthy?</p>				<p>Mental health and emotional wellbeing: Healthy minds</p>

about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Physical health and wellbeing: Fun times			Physical health and wellbeing: What is important to me?		
the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.		Physical health and wellbeing: What keeps me healthy?		Physical health and wellbeing: What is important to me?		Mental health and emotional wellbeing: Healthy minds
about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.		Physical health and wellbeing: What keeps me healthy?				
about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.		Physical health and wellbeing: What keeps me healthy?				
the facts and science relating to allergies, immunisation and vaccination.		Physical health and wellbeing: What keeps me healthy? DATE: Medicines and me		Physical health and wellbeing: What is important to me?		

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Basic first aid						
Pupils learn:						
how to make a clear and efficient call to emergency services if necessary.				Keeping safe and managing risk: Playing safe		
concepts of basic first-aid, for example dealing with common injuries, including head injuries.				Keeping safe and managing risk: Playing safe		

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Changing adolescent body						
Pupils learn:						
key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.		Relationships and health education: Boys and girls, families		Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships
about menstrual wellbeing including the key facts about the menstrual cycle.				Relationships and health education: Growing up and changing		Relationships and health education: Healthy relationships

