



Leighfield Primary PSHE Learning Journey – Health and Wellbeing

Year 3

Understands, identifies, and manages typical risks in every day life

Understands common, potential setbacks and talk about strategies to overcome these

Knows how to keep themselves safe by the road, railway, water and with fireworks

Can recognise and discuss their own personal achievements both in and out of school

Knows about the things that might affect feelings, both positively and negatively

Knows about healthy and unhealthy choices in relation food, exercise and sleep

Knows about the importance of a healthy, balanced diet and can discuss the foods which should be eaten regularly or just occasionally

Knows what is meant by a 'drug' and can talk about the importance of taking medicines correctly

Knows a range of factors that maintain a balanced, healthy lifestyle, physically and mentally

Knows about how to maintain good oral hygiene and dental care and knows how to brush and floss correctly

Year 4

Understands some of the effects related to drugs and recognises that all drugs, including medicines, may have side effects.

Knows ways in which they can boost their mood and improve their emotional wellbeing.

Knows about the difference between positive risk taking and dangerous behaviour

knows how to deal with common injuries using basic first aid techniques

Knows about healthy sleep strategies

Understands that for some people, using drugs can become a habit which is difficult to break and knows who they can ask for advice about drugs

Knows about the importance of personal hygiene routines during puberty, knows how to talk about these changes with a trusted adult and where to get help and advice

Knows about the physical and emotional changes that can occur during puberty and identify strategies to manage these changes

Year 5

Can recognise, understand, respect and discuss the individuality and different qualities of themselves and others

Knows how to identify external genitalia and reproductive organs

understands their personal identity

Understands occasions where they can help take responsibility for their own safety

Knows about how to manage risk in relation to sun exposure, including skin damage and heat stroke

Know that bacteria and viruses can affect health and can discuss how to avoid spreading germs with good hygiene routines

Knows about the risks and effects of different drugs

Can talk about the influence of the media in terms of drug use

Knows about how to keep personal information, including pictures, safe

Knows about positive strategies for managing change, including transition

Knows what sexual intercourse is, how pregnancy occurs and how pregnancy can be prevented

Year 6

Understands how to balance time online with other activities to help maintain their health and wellbeing

Knows about the types of things that might affect mental health and ways to take care of it

Knows how they can access support and help with mental health and recognise when it might be required for themselves, or somebody else

Knows how to manage change, including loss and knows how to ask for help with loss, grief or other aspects of change