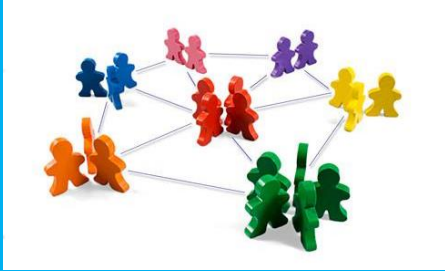


## WELLBEING: Concepts Overview

The **concepts** are the golden threads that run throughout the curriculum for each subject; they transcend context specific knowledge and skills. The concepts link directly to the N.C. subject aims.

This overview is taken from the PSHE Association Scheme of Work, which is based on the government's RSE policy and considered elements of good PSHE practise. At Ridgeway we will call this Wellbeing. There are three main threads or concepts in Wellbeing:

Concept 1	Concept 2	Concept 3
<b>Health and Wellbeing</b>	<b>Relationships</b> 	<b>Living in the Wider World</b>
<ul style="list-style-type: none"><li>• children understand how to look after their physical and mental health</li><li>• children know what impacts on mental and physical health</li><li>• children know how to improve or seek support with their physical and mental health</li></ul>	<ul style="list-style-type: none"><li>• children understand that there are different types of relationships</li><li>• children develop skills needed for successful relationships</li><li>• children understand what can go wrong in relationships and where to seek support with this</li></ul>	<ul style="list-style-type: none"><li>• children understand their responsibility to others</li><li>• children understand how their actions impact on others</li><li>• children begin to develop an idea of concepts in money</li><li>• children know how they can impact on the environment</li><li>• children understand their responsibilities to others in the real and online world</li></ul>

### WELLBEING: Concept Milestones

The **Concept Milestones** break down the overarching concepts and indicate what pupils should achieve in each concept by the end of each Key Stage. The Milestones link directly to the [N.C. subject content](#). This overview is taken from the PHSE Association Scheme of Work, which is based on the government’s RSE policy and considered elements of good PHSE practise

	Concept 1: Health and Wellbeing	Concept 2: Relationships	Concept 3: Living in the Wider World
<b>Milestone 1 (EYFS)</b>	<ul style="list-style-type: none"> <li>• To show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly</li> <li>• Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate</li> <li>• To manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</li> <li>• To be confident to try new activities and show independence, resilience and perseverance in the face of challenge</li> </ul>	<ul style="list-style-type: none"> <li>• To be confident to try new activities and show independence, resilience and perseverance in the face of challenge</li> <li>• To explain the reasons for rules, know right from wrong and try to behave accordingly</li> <li>• To work and play cooperatively and take turns with others</li> <li>• To form positive attachments to adults and friendships with peers</li> <li>• To show sensitivity to their own and to others’ needs.</li> </ul>	<ul style="list-style-type: none"> <li>• To talk about the lives of the people around them and their roles in society</li> <li>• To describe their immediate environment using knowledge from observation, discussion, stories, non-fiction texts and maps</li> <li>• To know some similarities and differences between different religious and cultural communities in this country, drawing on their experiences and what has been read in class</li> <li>• To explore the natural world around them, making observations and drawing pictures of animals and plants</li> <li>• To know some similarities and differences between the natural world around them and contrasting environments, drawing on their experiences and what has been read in class</li> </ul>
<b>Milestone 2 (Yr 1/2)</b>	<ul style="list-style-type: none"> <li>• To know how to keep healthy; about hygiene; about medicines and people who help us with our health</li> <li>• To know about keeping safe and who helps us to do that</li> <li>• To know how to keep safe by recognising risk and knowing rules</li> <li>• To know how to keep healthy by eating, drinking, playing and sleeping</li> <li>• To recognise feelings and moods</li> <li>• To recognise there are times of change, including loss, bereavement and growing up</li> </ul>	<ul style="list-style-type: none"> <li>• To know about ourselves and others; our similarities and differences; what makes us individuals and the main parts of our bodies.</li> <li>• To know about ourselves and others; who the people are who care for us; features of groups we belong to; features of, and similarities and differences between families</li> <li>• To understand what friendship means; recognise when we are feeling lonely and be able to manage arguments</li> <li>• To understand how behaviour, words and actions affect others; know what bullying is and understand what respect for others means</li> </ul>	<ul style="list-style-type: none"> <li>• To know about money; making choices and how to identify needs and wants</li> <li>• To know about ourselves and others; the world around us; how to care for others and that we will grow and change</li> <li>• To know about people and their jobs; money and the role of the internet</li> </ul>

<b>Milestone 3 (Yr 3/4)</b>	<ul style="list-style-type: none"> <li>• To know how to keep safe; at home and school; in relation to our bodies; the role of hygiene; medicines and household products</li> <li>• To know how to be healthy through eating well and dental care</li> <li>• To know how to be healthy through keeping active and taking rest</li> <li>• To know about self-esteem: self-worth; personal qualities; goal setting and how to manage set backs</li> <li>• To know about feelings and emotions, how to express feelings and how they impact on behaviour</li> <li>• To know about keeping safe when out and about; recognising and managing risk</li> </ul>	<ul style="list-style-type: none"> <li>• To know about friendship; making positive friendships; managing loneliness and dealing with arguments</li> <li>• To know about families; family life and caring for each other</li> <li>• To show respect for ourselves and others; to know courteous behaviour and about safety and human rights</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the concept of community; belonging to groups; similarities and differences and respect for others</li> <li>• To know about careers; aspirations; role models and to be able to think about the future</li> <li>• To care for others; the environment; people and animals</li> <li>• To know about shared responsibilities, making choices and decisions</li> </ul>
<b>Milestone 4 (Yr 5/6)</b>	<ul style="list-style-type: none"> <li>• To understand the concept of Identity; personal attributes and qualities; similarities and differences; individuality and stereotypes</li> <li>• To know basic first aid for accidents and how to deal with emergencies.</li> <li>• To know about growing and changing, including puberty and reproduction</li> <li>• To know about drugs, alcohol and tobacco and about healthy habits</li> <li>• To know how to look after ourselves; to understand about growing up and becoming independent and the need to take more responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• To know about different friendships and relationships;</li> <li>• To know about becoming more independent</li> <li>• To know about online safety and the concept of risk online</li> <li>• To know about different types of relationships, how we change and grow; adulthood, independence and moving to secondary school</li> </ul>	<ul style="list-style-type: none"> <li>• To know about money; how to make decisions with money; spending and saving</li> <li>• To know about media literacy and digital resilience; influences and decision-making and online safety</li> </ul>

WELLBEING: Concept Long Term Overview  
 Health and Wellbeing Relationships Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Year 2	What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What helps us grow and stay healthy?	How do we recognise our feelings?
Year 3	How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
Year 4	What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	What jobs would we like?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
Year 5	What makes up a person's identity?	What decisions can people make with money?	How can we help in an accident or emergency?	How will we grow and change?	How can friends communicate safely?	How can drugs common to everyday life affect health?
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

**WELLBEING: YEAR 1 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Autumn 1</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>To know about ourselves and others; our similarities and differences; what makes us individuals and the main parts of our bodies.</li> </ul> <p><b>What is the same and different about us?</b></p>	<ul style="list-style-type: none"> <li>what they like/dislike and are good at</li> <li>what makes them special and how everyone has different strengths</li> <li>how their personal features or qualities are unique to them</li> <li>how they are similar or different to others, and what they have in common</li> <li>to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private</li> </ul>	<p>PHSE Association Inclusion and Belonging Lesson 1 Sameness and Difference in Inclusion and Belonging</p> <p>Medway Public Health Resources Year 1 and 2 lesson 3 Everybody's body in Medway Public Health Resources</p> <p><a href="https://learning.nspcc.org.uk/research-resources/schools/pants-teaching">https://learning.nspcc.org.uk/research-resources/schools/pants-teaching</a></p>		
<p><b>Autumn 2</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>To know about ourselves and others; who the people are who care for us; features of groups we belong to; features of, and similarities and differences between families</li> </ul> <p><b>Who is special to us?</b></p>	<ul style="list-style-type: none"> <li>that family is one of the groups they belong to, as well as, for example, school, friends, clubs</li> <li>about the different people in their family / those that love and care for them</li> <li>what their family members, or people that are special to them, do to make them feel loved and cared for</li> <li>how families are all different but share common features – what is the same and different about them</li> <li>about different features of family life, including what families do/ enjoy together</li> <li>that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried</li> </ul>	<p>Medway Public Health Resources Year 1 and 2 lesson 3 Everybody's body in Medway Public Health Resources</p>		

WELLBEING: YEAR 1 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Spring 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know how to keep healthy; about hygiene; about medicines and people who help us with our health</li> </ul> <p><b>What helps us stay healthy?</b></p>	<ul style="list-style-type: none"> <li>what being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor)</li> <li>that things people put into or onto their bodies can affect how they feel</li> <li>how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy</li> </ul>			
<p><b>Spring 2</b></p> <p><b>Living in the wider world</b></p> <ul style="list-style-type: none"> <li>To know about money; making choices and how to identify needs and wants</li> </ul> <p><b>What can we do with money?</b></p>	<ul style="list-style-type: none"> <li>what money is - that money comes in different forms</li> <li>how money is obtained (e.g. earned, won, borrowed, presents)</li> <li>how people make choices about what to do with money, including spending and saving</li> <li>the difference between needs and wants - that people may not always be able to have the things they want</li> <li>how to keep money safe and the different ways of doing this</li> </ul>		<ul style="list-style-type: none"> <li></li> </ul>	
<p><b>Summer 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know about keeping safe and who helps us to do that</li> </ul> <p><b>Who helps to keep us safe?</b></p>	<ul style="list-style-type: none"> <li>that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people</li> <li>who can help them in different places and situations; how to attract someone's attention or ask for help; what to say</li> <li>how to respond safely to adults they don't know</li> <li>what to do if they feel unsafe or worried for themselves or others;</li> </ul>			

WELLBEING: YEAR 1 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<p>and the importance of keeping on asking for support until they are heard</p> <ul style="list-style-type: none"> <li>• how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say</li> </ul>			
<p><b>Summer 2</b></p> <p><b>Living in the wider world</b></p> <ul style="list-style-type: none"> <li>• To know about ourselves and others; the world around us; how to care for others and that we will grow and change</li> </ul> <p><b>How can we look after each other and the world?</b></p>	<ul style="list-style-type: none"> <li>• how kind and unkind behaviour can affect others; how to be polite and courteous; how to play and work co-operatively</li> <li>• the responsibilities they have in and out of the classroom</li> <li>• how people and animals need to be looked after and cared for</li> <li>• what can harm the local and global environment; how they and others can help care for it</li> <li>• how people grow and change and how people's needs change as they grow from young to old</li> <li>• how to manage change when moving to a new class/year group</li> </ul>	<p>Medway Public Health Year1/2 Lesson 2 Growing Up and the Human Life Cycle in Medway Public Health Resources</p> <p>Resources from Alzheimer's association-In Relationships Folder, Needs of the Elders.</p>	<ul style="list-style-type: none"> <li>•</li> </ul>	

WELLBEING: YEAR 2 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Autumn 1</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• To understand what friendship means; recognise when we are feeling lonely and be able to manage arguments</li> </ul> <p><b>What makes a good friend?</b></p>	<ul style="list-style-type: none"> <li>• how to make friends with others</li> <li>• how to recognise when they feel lonely and what they could do about it</li> <li>• how people behave when they are being friendly and what makes a good friend</li> <li>• how to resolve arguments that can occur in friendships</li> <li>• how to ask for help if a friendship is making them unhappy</li> </ul>			
<p><b>Autumn 2</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• To understand how behaviour, words and actions affect others; know what bullying is and understand what respect for others means</li> </ul> <p><b>What is bullying?</b></p>	<ul style="list-style-type: none"> <li>• how words and actions can affect how people feel</li> <li>• how to ask for and give/not give permission regarding physical contact and how to respond if physical contact makes them uncomfortable or unsafe</li> <li>• why name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable</li> <li>• how to respond if this happens in different situations</li> <li>• how to report bullying or other hurtful behaviour, including online, to a trusted adult and the importance of doing so</li> </ul>			
<p><b>Spring 1</b></p> <p><b>Living in the wider world</b></p> <ul style="list-style-type: none"> <li>• To know about people and their jobs; money and the role of the internet</li> </ul> <p><b>What jobs do people do?</b></p>	<ul style="list-style-type: none"> <li>• how jobs help people earn money to pay for things they need and want</li> <li>• about a range of different jobs, including those done by people they know or people who work in their community</li> <li>• how people have different</li> </ul>			



WELLBEING: YEAR 2 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<p>strengths and interests that enable them to do different jobs</p> <ul style="list-style-type: none"> <li>• how people use the internet and digital devices in their jobs and everyday life</li> </ul>			
<p><b>Spring 2</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• To know how to keep safe by recognising risk and knowing rules</li> </ul> <p><b>What helps us to stay safe?</b></p>	<ul style="list-style-type: none"> <li>• how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online)</li> <li>• how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them</li> <li>• how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets</li> <li>• how not everything they see online is true or trustworthy and that people can pretend to be someone they are not</li> <li>• how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them</li> </ul>	<p>Red Cross- Life Live it "Stay safe" in Personal Safety</p>		

WELLBEING: YEAR 2 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Summer 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know how to keep healthy by eating, drinking, playing and sleeping</li> </ul> <p><b>What can help us grow and stay healthy?</b></p>	<ul style="list-style-type: none"> <li>that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest</li> <li>that eating and drinking too much sugar can affect their health, including dental health</li> <li>how to be physically active and how much rest and sleep they should have everyday</li> <li>that there are different ways to learn and play; how to know when to take a break from screen-time</li> <li>how sunshine helps bodies to grow and how to keep safe and well in the sun</li> </ul>			
<p><b>Summer 2</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To recognise feelings and moods</li> <li>To recognise there are times of change, including loss, bereavement and growing up</li> </ul> <p><b>How do we recognise our feelings?</b></p>	<ul style="list-style-type: none"> <li>how to recognise, name and describe a range of feelings</li> <li>what helps them to feel good, or better if not feeling good</li> <li>how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group)</li> <li>how feelings can affect people in their bodies and their behaviour</li> <li>ways to manage big feelings and the importance of sharing their feelings with someone they trust</li> <li>how to recognise when they might need help with feelings and how to ask for help when they need it</li> </ul>	<p>PHSE Association Mental Health Lessons KS1 in Mental Health</p>		

WELLBEING: YEAR 3 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Autumn 1</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"><li>• To know about friendship; making positive friendships; managing loneliness and dealing with arguments</li></ul> <p><b>How can we be a good friend?</b></p>	<ul style="list-style-type: none"><li>• how friendships support wellbeing and the importance of seeking support if feeling lonely or excluded</li><li>• how to recognise if others are feeling lonely and excluded and strategies to include them</li><li>• how to build good friendships, including identifying qualities that contribute to positive friendships</li><li>• that friendships sometimes have difficulties, and how to manage when there is a problem or an argument between friends, resolve disputes and reconcile differences</li><li>• how to recognise if a friendship is making them unhappy, feel uncomfortable or unsafe and how to ask for support</li></ul>	<p>Medway Public Health Resources KS2 Year 3 "Friendship" in Medway Public Health Resources</p>		

**WELLBEING: YEAR 3 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Autumn 2</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know how to keep safe; at home and school; in relation to our bodies; the role of hygiene; medicines and household products</li> </ul> <p><b>What keeps us safe?</b></p>	<ul style="list-style-type: none"> <li>how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe</li> <li>how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers</li> <li>that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable</li> <li>how to recognise and respond to pressure to do something that makes them feel unsafe or uncomfortable (including online)</li> <li>how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)</li> <li>how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns</li> <li>what to do in an emergency, including calling for help and speaking to the emergency services</li> </ul>	<p>NSPCC –The underwear rule resources in Personal Safety Red Cross-Life, Live it, Stay safe in Personal Safety</p>		

**WELLBEING: YEAR 3 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Spring 1 Relationships</b></p> <ul style="list-style-type: none"> <li>To know about families; family life and caring for each other</li> </ul> <p><b>What are families like?</b></p>	<ul style="list-style-type: none"> <li>how families differ from each other (including that not every family has the same family structure, e.g. single parents, same sex parents, step-parents, blended families, foster and adoptive parents)</li> <li>how common features of positive family life often include shared experiences, e.g. celebrations, special days or holidays</li> <li>how people within families should care for each other and the different ways they demonstrate this</li> <li>how to ask for help or advice if family relationships are making them feel unhappy, worried or unsafe</li> </ul>	<p>Adoption Resources- in Inclusion and Belonging</p>		
<p><b>Spring 2</b></p> <p><b>Living in the wider world</b></p> <ul style="list-style-type: none"> <li>To understand the concept of community; belonging to groups; similarities and differences and respect for others</li> </ul> <p><b>What makes a community?</b></p>	<ul style="list-style-type: none"> <li>how they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups</li> <li>what is meant by a diverse community; how different groups make up the wider/local community around the school</li> <li>how the community helps everyone to feel included and values the different contributions that people make</li> <li>how to be respectful towards people who may live differently to them</li> </ul>	<p>PHSE Association Inclusion Belonging Lesson 3 and 4 in Inclusion and Belonging</p> <p>Premier League Primary Stars Diversity in multi-topic resources, simple registration required</p>		

**WELLBEING: YEAR 3 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Summer 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know how to be healthy through eating well and dental care</li> </ul> <p><b>Why should we eat well and look after our teeth?</b></p>	<ul style="list-style-type: none"> <li>how to eat a healthy diet and the benefits of nutritionally rich foods</li> <li>how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist</li> <li>how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health</li> <li>how people make choices about what to eat and drink, including who or what influences these</li> <li>how, when and where to ask for advice and help about healthy eating and dental care</li> </ul>			
<p><b>Summer 2</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know how to be healthy through keeping active and taking rest</li> </ul> <p><b>Why should we keep active and sleep well?</b></p>	<ul style="list-style-type: none"> <li>how regular physical activity benefits bodies and feelings</li> <li>how to be active on a daily and weekly basis - how to balance time online with other activities</li> <li>how to make choices about physical activity, including what and who influences decisions</li> <li>how the lack of physical activity can affect health and wellbeing</li> <li>how lack of sleep can affect the body and mood and simple routines that support good quality sleep</li> <li>how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried</li> </ul>			

**WELLBEING: YEAR 4 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Autumn 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know about self-esteem: self-worth; personal qualities; goal setting and how to manage set backs</li> </ul> <p><b>What strengths, skills and interests do we have?</b></p>	<ul style="list-style-type: none"> <li>how to recognise personal qualities and individuality</li> <li>to develop self-worth by identifying positive things about themselves and their achievements</li> <li>how their personal attributes, strengths, skills and interests contribute to their self-esteem</li> <li>how to set goals for themselves</li> <li>how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking</li> </ul>	<p>Premier League Primary Stars- Self-esteem and Resilience in Multi-topic resources, simple registration required</p>		
<p><b>Autumn 2</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>To show respect for ourselves and others; to know courteous behaviour and about safety and human rights</li> </ul> <p><b>How do we treat each other with respect?</b></p>	<ul style="list-style-type: none"> <li>how people’s behaviour affects themselves and others, including online</li> <li>how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return</li> <li>about the relationship between rights and responsibilities</li> <li>about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)</li> <li>the rights that children have and why it is important to protect these</li> <li>that everyone should feel included, respected and not discriminated against; how to</li> </ul>	<p>Premier League Primary Stars-Play the right way/Inclusion in Multi-topic Resources simple registration required</p> <p>Alzheimer's Society Resources for KS2 in Relationships, Needs of the Elders</p>		

WELLBEING: YEAR 4 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<p>respond if they witness or experience exclusion, disrespect or discrimination</p> <ul style="list-style-type: none"> <li>• how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns</li> </ul>			
<p><b>Spring 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• To know about feelings and emotions, how to express feelings and how they impact on behaviour</li> </ul> <p><b>How can we manage our feelings?</b></p>	<ul style="list-style-type: none"> <li>• how everyday things can affect feelings</li> <li>• how feelings change over time and can be experienced at different levels of intensity</li> <li>• the importance of expressing feelings and how they can be expressed in different ways</li> <li>• how to respond proportionately to, and manage, feelings in different circumstances</li> <li>• ways of managing feelings at times of loss, grief and change</li> <li>• how to access advice and support to help manage their own or others' feelings</li> </ul>	<p>PSHE Association Mental Health and Wellbeing Lessons (KS2 Year 3 and 4) in Mental Health</p>		
<p><b>Spring 2</b></p> <p><b>Living in the wider world</b></p> <ul style="list-style-type: none"> <li>• To know about careers; aspirations; role models and to be able to think about the future</li> </ul> <p><b>What jobs would we like?</b></p>	<ul style="list-style-type: none"> <li>• that there is a broad range of different jobs and people often have more than one during their careers and over their lifetime</li> <li>• that some jobs are paid more than others and some may be voluntary (unpaid)</li> <li>• about the skills, attributes, qualifications and training needed for different jobs</li> <li>• that there are different ways into jobs and careers, including college,</li> </ul>		<ul style="list-style-type: none"> <li>•</li> </ul>	



**WELLBEING: YEAR 4 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<ul style="list-style-type: none"> <li>apprenticeships and university</li> <li>• how people choose a career/job and what influences their decision, including skills, interests and pay</li> <li>• how to question and challenge stereotypes about the types of jobs people can do</li> <li>• how they might choose a career/job for themselves when they are older, why they would choose it and what might influence their decisions</li> </ul>			
<p><b>Summer 1</b></p> <p><b>Living in the wider world</b></p> <ul style="list-style-type: none"> <li>• To care for others; the environment; people and animals</li> <li>• To know about shared responsibilities, making choices and decisions</li> </ul> <p><b>How can our choices make a difference to others and the environment?</b></p>	<ul style="list-style-type: none"> <li>• how people have a shared responsibility to help protect the world around them</li> <li>• how everyday choices can affect the environment</li> <li>• how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)</li> <li>• the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues</li> <li>• how to show care and concern for others (people and animals)</li> <li>• how to carry out personal responsibilities in a caring and compassionate way</li> </ul>	<p>Premier league Primary Stars-Sky Ocean Rescue, Tacking plastic pollution in Multi-topic resources simple registration required</p> <p>RSPCA compassionate classroom lessons, in Environmental Resources</p> <p>Team Margot-Giving to help others (also blood, stem cell and bone marrow donation) in Health Education</p>		
<p><b>Summer 2</b></p> <p><b>Health and wellbeing</b></p> <p>To know about keeping safe when out and about; recognising and managing risk</p> <p><b>How can we manage risk in different places?</b></p>	<ul style="list-style-type: none"> <li>• how to recognise, predict, assess and manage risk in different situations</li> <li>• how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about)</li> <li>• how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence</li> <li>• how people's online actions can impact on</li> </ul>	<p>Exploring Risk in Personal Safety, Managing Risk</p> <p>City of London Police Resources on Cyber Crime in Online Safety.</p>		

WELLBEING: YEAR 4 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<p>other people</p> <ul style="list-style-type: none"><li>• how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online</li><li>• how to report concerns, including about inappropriate online content and contact</li><li>• that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law</li></ul>			

**WELLBEING: YEAR 5 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Autumn 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To understand the concept of Identity; personal attributes and qualities; similarities and differences; individuality and stereotypes</li> </ul> <p><b>What makes up our identity?</b></p>	<ul style="list-style-type: none"> <li>how to recognise and respect similarities and differences between people and what they have in common with others</li> <li>that there are a range of factors that contribute to a person’s identity(e.g. ethnicity, family, faith, culture, gender, hobbies, likes/dislikes)</li> <li>how individuality and personal qualities make up someone’s identity (including that gender identity is part of personal identity and for some people does not correspond with their biological sex)</li> <li>about stereotypes and how they are not always accurate, and can negatively influence behaviours and attitudes towards others</li> <li>how to challenge stereotypes and assumptions about others</li> </ul>	<p>PSHE Association-Inclusion and Belonging- Lesson 4 Stereotypes in Inclusion and Belonging</p> <p>Premier League Primary Stars- Developing Values</p> <p>In Multi-topic Resources, simple registration required.</p>		
<p><b>Autumn 2</b></p> <p><b>Living in the wider world</b></p> <ul style="list-style-type: none"> <li>To know about money; how to make decisions with money; spending and saving</li> </ul> <p><b>What decisions can people make with money?</b></p>	<ul style="list-style-type: none"> <li>how people make decisions about spending and saving money and what influences them</li> <li>how to keep track of money so people know how much they have to spend or save</li> <li>how people make choices about ways of paying for things they want and need (e.g. from current accounts/savings; store card/ credit cards; loans)</li> <li>how to recognise what makes something ‘value for money’ and what this means to them</li> </ul>	<p>Santander Resources in Finance Resources.</p> <p>Possible Parent Connection to deliver</p>		

**WELLBEING: YEAR 5 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<ul style="list-style-type: none"> <li>that there are risks associated with money (it can be won, lost or stolen) and how money can affect people’s feelings and emotions</li> </ul>			
<p><b>Spring 1</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know basic first aid for accidents and how to deal with emergencies.</li> </ul> <p><b>How can we help in an accident or emergency?</b></p>	<ul style="list-style-type: none"> <li>how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions</li> <li>that if someone has experienced a head injury, they should not be moved</li> <li>when it is appropriate to use first aid and the importance of seeking adult help</li> <li>the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services</li> </ul>	<p>Red Cross-Life, Live it, help save lives/Emergency action in Personal Safety Folder</p>		
<p><b>Spring 2</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know about growing and changing, including puberty and reproduction</li> </ul> <p><b>Puberty and reproduction How will we grow and change?</b></p>	<ul style="list-style-type: none"> <li>about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams</li> <li>how puberty can affect emotions and feelings</li> <li>how personal hygiene routines change during puberty</li> <li>how to ask for advice and support about growing and changing and puberty</li> <li>about the reproductive organs and process - how babies are conceived and born and how they need to be cared for</li> </ul>	<p>Medway Public Health-Year 4/5 Puberty in Medway Public Health Resources</p> <p>Betty-It is Perfectly Natural-Registration Needed <a href="https://wearebetty.com/">https://wearebetty.com/</a> in Health Education</p>		

**WELLBEING: YEAR 5 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<ul style="list-style-type: none"> <li>that there are ways to prevent a baby being made TBC</li> </ul>			
<p><b>Summer 1</b></p> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>To know about different friendships and relationships;</li> <li>To know about becoming more independent</li> <li>To know about online safety and the concept of risk online</li> </ul> <p><b>How can friends communicate safely?</b></p>	<ul style="list-style-type: none"> <li>about the different types of relationships people have in their lives</li> <li>how friends and family communicate together; how the internet and social media can be used positively</li> <li>how knowing someone online differs from knowing someone face-to-face</li> <li>how to recognise risk in relation to friendships and keeping safe</li> <li>about the types of content (including images) that is safe to share online; ways of seeking and giving consent before images or personal information is shared with friends or family</li> <li>how to respond if a friendship is making them feel worried, unsafe or uncomfortable</li> <li>how to ask for help or advice and respond to pressure, inappropriate contact or concerns about personal safety</li> </ul>	<p>Be Internet Legends in On-line Safety</p>		
<p><b>Summer 2</b></p> <p><b>Health and wellbeing</b></p> <ul style="list-style-type: none"> <li>To know about drugs, alcohol and tobacco and about healthy habits</li> </ul> <p><b>How can drugs common to everyday life affect health?</b></p>	<ul style="list-style-type: none"> <li>how drugs common to everyday life (including smoking/vaping-nicotine, alcohol, caffeine and medicines) can affect health and wellbeing</li> <li>that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal</li> <li>how laws surrounding the use</li> </ul>			

WELLBEING: YEAR 5 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<p>of drugs exist to protect them and others</p> <ul style="list-style-type: none"><li>• why people choose to use or not use different drugs</li><li>• how people can prevent or reduce the risks associated with them</li><li>• that for some people, drug use can become a habit which is difficult to break</li><li>• how organisations help people to stop smoking and the support available to help people if they have concerns about any drug use</li><li>• how to ask for help from a trusted adult if they have any worries or concerns about drugs</li></ul>			

WELLBEING: YEAR 6 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p><b>Autumn 1 &amp; 2</b></p> <p><b>Health and wellbeing</b> To know how to look after ourselves; to understand about growing up and becoming independent and the need to take more responsibility</p> <p><b>How can we keep healthy as we grow?</b></p>	<ul style="list-style-type: none"> <li>• how mental and physical health are linked</li> <li>• how positive friendships and being involved in activities such as clubs and community groups support wellbeing</li> <li>• how to make choices that support a healthy, balanced lifestyle including:               <ul style="list-style-type: none"> <li>➤ how to plan a healthy meal</li> <li>➤ how to stay physically active</li> <li>➤ how to maintain good dental health, including oral hygiene, food and drink choices</li> <li>➤ how to benefit from and stay safe in the sun</li> <li>➤ how and why to balance time spent online with other activities</li> <li>➤ how sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep</li> <li>➤ how to manage the influence of friends and family on health choices</li> </ul> </li> <li>• that habits can be healthy or unhealthy; strategies to help change or break an unhealthy habit or take up a new healthy one</li> <li>• how legal and illegal drugs (legal and illegal) can affect health</li> </ul>	<p>PHSE Association-Mental Health and Wellbeing Years 5 and 6 lesson 1 and 2</p> <p>PHSE Association Sleep in Health Education</p> <p>Every Mind Matters-Sleep and social media- in Multi-topic Resources</p>		

WELLBEING: YEAR 6 Overview

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<p>and how to manage situations involving them</p> <ul style="list-style-type: none"> <li>• how to recognise early signs of physical or mental ill-health and what to do about this, including whom to speak to in and outside school</li> <li>• that health problems, including mental health problems, can build up if they are not recognised, managed, or if help is not sought early on</li> <li>• that anyone can experience mental ill-health and to discuss concerns with a trusted adult</li> <li>• that mental health difficulties can usually be resolved or</li> <li>• managed with the right strategies and support</li> </ul>			
	<ul style="list-style-type: none"> <li>• that FGM is illegal and goes against human rights; that they should tell someone immediately if they are worried for themselves or someone else. To be taught if felt relevant to class/year group. Consult HST.</li> </ul>			
<p><b>Spring 1 &amp; 2</b></p> <p><b>Living the wider world</b> To know about media literacy and digital resilience; influences and decision-making and online safety</p>	<ul style="list-style-type: none"> <li>• how the media, including online experiences, can affect people's wellbeing – their thoughts, feelings and actions</li> <li>• that not everything should be shared online or social media and that there are rules about this, including the</li> </ul>	<p>PSHE Association - Inclusion, belonging and addressing extremism (KS2–Y5/6), 'Extremism' in Inclusion and Belonging</p> <p>Newswise Resources from The Guardian</p>		



**WELLBEING: YEAR 6 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
<p>How can the media influence people?</p>	<ul style="list-style-type: none"> <li>distribution of images that mixed messages in the media exist (including about health, the news and different groups of people) and that these can influence opinions and decisions</li> <li>how text and images can be manipulated or invented; strategies to recognise this</li> <li>to evaluate how reliable different types of online content and media are, e.g. videos, blogs, news, reviews, adverts</li> <li>to recognise unsafe or suspicious content online and what to do about it</li> <li>how information is ranked, selected, targeted to meet the interests of individuals and groups, and can be used to influence them</li> <li>how to make decisions about the content they view online or in the media and know if it is appropriate for their age range</li> <li>how to respond to and if necessary, report information viewed online which is upsetting, frightening or untrue</li> <li>to recognise the risks involved in gambling related activities, what might influence somebody</li> </ul>	<p><a href="https://www.theguardian.com/newswise-unit-of-work">https://www.theguardian.com/newswise-unit-of-work</a></p> <p>British Board of Film Censors Resources in Media</p> <p>Child Net- Trust Me</p> <p><a href="https://www.childnet.com/resources/trust-me">https://www.childnet.com/resources/trust-me</a></p> <p>Everymind Matters –Social Media in Multi-topic resources</p>		

**WELLBEING: YEAR 6 Overview**

Milestones:	Learning:	Resources to Support Planning:	Vocabulary	Key Questions
	<ul style="list-style-type: none"> <li>to gamble and the impact it might have</li> <li>to discuss and debate what influences people’s decisions, taking into consideration different viewpoints</li> </ul>			
<p><b>Summer 1 &amp; 2</b></p> <p><b>Relationships</b> To know about different types of relationships, how we change and grow; adulthood, independence and moving to secondary school</p> <p><b>How do friendships change as we grow?</b></p>	<ul style="list-style-type: none"> <li>that people have different kinds of relationships in their lives, including romantic or intimate relationships</li> <li>that people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another</li> <li>that adults can choose to be part of a committed relationship or not, including marriage or civil partnership</li> <li>that marriage should be wanted equally by both people and that forcing someone to marry against their will is a crime</li> <li>how puberty relates to growing from childhood to adulthood</li> <li>how growing up and becoming more independent comes with increased opportunities and responsibilities</li> <li>how friendships may change as they grow and how to manage this</li> <li>how to manage change, including moving to secondary school; how to</li> </ul>	<p>Medway Public Health- RSE Year 6 in Medway Public Health Resources</p> <p>PHSE Association- Mental Health and Wellbeing Year 6 Feelings and common anxieties when transitioning into secondary school in Mental Health</p> <p>Everymind matters-Transition to secondary school in Multi-topic resources</p> <p>NSPCC- Making sense of relationships- in Relationships folder</p> <p>Betty-It is Perfectly Natural- Registration Needed <a href="https://wearebetty.com/">https://wearebetty.com/</a> in Health Education</p>		

WELLBEING: YEAR 6 Overview

<b>Milestones:</b>	<b>Learning:</b>	<b>Resources to Support Planning:</b>	<b>Vocabulary</b>	<b>Key Questions</b>
	ask for support or where to seek further information and advice regarding growing up and changing			