

Health & Wellbeing Programme of Study 2020

Coverage Overview

Mental Wellbeing

<p>R L2, L14</p> <p>KS1C1U2L1-4 KS1C1U4L1-5 KS1C1U5L5, L6 KS1C2U1L1, L2 KS1C2U2L1</p> <p>LKS2C1U1L1, L2 LKS2C1U2L1-3 LKS2C1U5L1, L3-5 LKS2C1U6L1 LKS2C2U1L3 LKS2C2U3L1-4 LKS2C3U2L1</p> <p>UKS2C1U1L1-3, L5 UKS2C1U2L2 UKS2C1U4L1-3 UKS2C2U1L3 UKS2C2U4L3</p>	<p>Pupils should know</p> <ul style="list-style-type: none"> • that mental wellbeing is a normal part of daily life, in the same way as physical health. • 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. • 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. • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests. • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • 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). • it is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible.
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Internet Safety and Harms

<p>KS1C1U5L6</p> <p>LKS2C1U6L1-6</p> <p>UKS2C1U5L6 UKS2C2U1L1 UKS2C2U4L5</p>	<p>Pupils should know</p> <ul style="list-style-type: none"> • that for most people the internet is an integral part of life and has many benefits. • 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.
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Health & Wellbeing Programme of Study 2020

Coverage Overview

Internet Safety and Harms cont.

- how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online.
- why social media, some computer games and online gaming, for example, are age restricted.
- 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.
- how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.
- where and how to report concerns and get support with issues online.

Physical Health and Fitness

KS1C1U1L4-6

LKS2C1U2L1-3

UKS2C1U1L1,L3

Pupils should know

- the characteristics and mental and physical benefits of an active lifestyle.
- the importance of building regular exercise into daily and weekly routines and how to achieve this, for example a daily active mile or other forms of regular, vigorous exercise.
- the risks associated with an inactive lifestyle (including obesity).

Healthy Eating

KS1C1U1L1-3

KS1C1U2L3

LKS2C1U3L1-3

UKS2C1U2L1-3

Pupils should know

- what constitutes a healthy diet (including understanding calories, and nutritional content).
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health).

Health & Wellbeing Programme of Study 2020

Coverage Overview

Drugs, Alcohol and Tobacco

UKS2C1U5L1-4 SRA UNIT	Pupils should know <ul style="list-style-type: none"> the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
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Health and Prevention

R11 KS1C1U2L1-3 KS1C1U5L1 KS1C1U2L4-6 LKS2C1U2L4 LKS2C1U7L2 UKS2C1U1L4,L6	Pupils should know <ul style="list-style-type: none"> how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. about dental health and the benefits of good oral hygiene, including visits to the dentist. about personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing. the facts and science relating to immunisation and vaccination
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Basic First Aid

LKS2C1U8L1-3 UKS2C1U5L5	Pupils should know: <ul style="list-style-type: none"> know how to make a clear and efficient call to emergency services if necessary. concepts of basic first-aid, for example dealing with common injuries, including head injuries.
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Health & Wellbeing Programme of Study 2020

Coverage Overview

Changing Adolescent Body

KS1C1U3L1-6

LKS2C1U7L1-2

UKS2C1U1L1-3

RSE UNIT

Pupils should know:

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

RSE UNIT - Relationships and Sex Education

SRA UNIT - Substance Related Abuse

N - Nursery

R - Reception

KS1 - Key Stage 1

LKS2 - Lower Key Stage 2

UKS2 - Upper Key Stage 2