

Ashwell Primary School
PSHCE Curriculum
Health and Wellbeing Knowledge Organiser



Year 1 – Health and Wellbeing

Core Knowledge / skills to be acquired:

- Learning how to wash hands properly.
- Learning how to deal with an allergic reaction.
- To understand we can limit the spread of germs by having good hand hygiene.
- To know the five S's for sun safety: slip, slop, slap, shade, sunglasses.
- To know that certain foods and other things can cause allergic reactions in some people.
- Exploring positive sleep habits.
- To know that sleep helps my body to repair itself, to grow and restores my energy.
- Identifying different ways to manage feelings.
- To know that strengths are things we are good at.
- To know that qualities describe what we are like. To know the words to describe some positive and negative emotions.

Key Vocabulary:

- allergy
- emotions
- feelings
- germs
- ill (poorly)
- qualities
- relax

Curriculum Enrichment / Cultural Capital Opportunities

- Children's Mental Health Week
- Five Ways to Wellbeing

Prior knowledge / skills this builds on (ELG):

- Discussing ways that we can take care of ourselves.
- To know that having a naturally colourful diet is one way to try and eat healthily.
- Exploring how exercise affects different parts of the body.
- To know that exercise means moving our body and is important.
- Identifying how characters within a story may be feeling.
- Identifying and expressing my own feelings.
- Exploring coping strategies to help regulate emotions. Exploring different facial expressions and identifying the different feelings they can represent.
- Exploring ways to moderate behaviour, socially and emotionally. Coping with challenge when problem solving.
- To name some different feelings and emotions.
- To know that I am a valuable individual.
- To know that facial expressions can give us clues as to how a person is feeling.
- To know that I can learn from my mistakes. To know some strategies to calm down.

What comes next (Y2):

- Exploring the effect that food and drink can have on my teeth.
- To know that food and drinks with lots of sugar are bad for my teeth.
- Exploring some of the benefits of a healthy balanced diet.
- Suggesting how to improve an unbalanced meal.
- To understand the balance of foods we need to keep healthy.
- Exploring some of the benefits of exercise on body and mind. Exploring some of the benefits of exercise on body and mind.
- To explain the importance of exercise to stay healthy.
- Exploring strategies to manage different emotions.
- Developing empathy. Exploring the need for perseverance and developing a growth mindset.
- To know that we can feel more than one emotion at a time.
- To know that a growth mindset means being positive about challenges and finding ways to overcome them.

Year 2 – Health and Wellbeing

Core Knowledge / skills to be acquired:

- Exploring the effect that food and drink can have on my teeth.
- To know that food and drinks with lots of sugar are bad for my teeth.
- Exploring some of the benefits of a healthy balanced diet.
- Suggesting how to improve an unbalanced meal.
- To understand the balance of foods we need to keep healthy.
- Exploring some of the benefits of exercise on body and mind.
- Exploring some of the benefits of exercise on body and mind.
- To explain the importance of exercise to stay healthy.
- Exploring strategies to manage different emotions.
- Developing empathy. Exploring the need for perseverance and developing a growth mindset.
- To know that we can feel more than one emotion at a time.
- To know that a growth mindset means being positive about challenges and finding ways to overcome them.

Key Vocabulary:

- diet
- exercise
- goal
- growth mindset
- healthy
- physical activity
- relaxation
- skill
- strengths

Curriculum Enrichment / Cultural Capital Opportunities

- Children’s Mental Health Week
- Five Ways to Wellbeing

Prior knowledge / skills this builds on (Y1):

- Learning how to wash hands properly.
- Learning how to deal with an allergic reaction.
- To understand we can limit the spread of germs by having good hand hygiene.
- To know the five S’s for sun safety: slip, slop, slap, shade, sunglasses.
- To know that certain foods and other things can cause allergic reactions in some people.
- Exploring positive sleep habits.
- To know that sleep helps my body to repair itself, to grow and restores my energy.
- Identifying different ways to manage feelings.
- To know that strengths are things we are good at.
- To know that qualities describe what we are like. To know the words to describe some positive and negative emotions.

What comes next (Y3):

- Understanding why it is important to look after my teeth.
- To understand ways to prevent tooth decay.
- Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.
- To know the different food groups and how much of each of them we should have to have a balanced diet.
- Learning stretches which can be used for relaxation.
- To understand the positive impact relaxation can have on the body
- Being able to breakdown a problem into smaller parts to overcome it.
- To understand the importance of belonging.
- To understand what a problem or barrier is and that these can be overcome

Year 3 - Health and Wellbeing

Core Knowledge / skills to be acquired:

- Understanding why it is important to look after my teeth.
- To understand ways to prevent tooth decay.
- Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.
- To know the different food groups and how much of each of them we should have to have a balanced diet.
- Learning stretches which can be used for relaxation.
- To understand the positive impact relaxation can have on the body.
- Being able to breakdown a problem into smaller parts to overcome it.
- To understand the importance of belonging.
- To understand what a problem or barrier is and that these can be overcome.

Key Vocabulary:

- alone
- balance
- barriers
- belonging
- identity
- lonely
- resilience

Curriculum Enrichment / Cultural Capital Opportunities

- Children's Mental Health Week
- Five Ways to Wellbeing

Core Knowledge / skills this builds on (Y2):

- Exploring the effect that food and drink can have on my teeth.
- To know that food and drinks with lots of sugar are bad for my teeth.
- Exploring some of the benefits of a healthy balanced diet.
- Suggesting how to improve an unbalanced meal.
- To understand the balance of foods we need to keep healthy.
- Exploring some of the benefits of exercise on body and mind.
- Exploring some of the benefits of exercise on body and mind.
- To explain the importance of exercise to stay healthy.
- Exploring strategies to manage different emotions.
- Developing empathy. Exploring the need for perseverance and developing a growth mindset.
- To know that we can feel more than one emotion at a time.
- To know that a growth mindset means being positive about challenges and finding ways to overcome them.

What comes next (Y4):

- Developing independence in looking after my teeth.
- To know key facts about dental health.
- Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations.
- Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset.
- To know that it is normal to experience a range of emotions.
- To know that mental health refers to our emotional wellbeing, rather than physical.
- To understand that mistakes can help us to learn.
- To know who can help if we are worried about our own or other people's mental health.

Year 4 – Health and Wellbeing

Core Knowledge / skills to be acquired:

- Developing independence for protecting myself in the sun.
- To understand the risks of sun exposure.
- Considering calories and food groups to plan healthy meals.
- Developing greater responsibility for ensuring good quality sleep.
- To know that calories are the unit that we use to measure the amount of energy certain foods give us.
- To know that what we do before bed can affect our sleep quality.
- Taking responsibility for my own feelings.

Key Vocabulary:

- fluoride
- healthy
- mental health
- negative emotions
- positive emotions
- relaxation
- resilience
- skill
- visualise

Curriculum Enrichment / Cultural Capital Opportunities

- Children's Mental Health Week
- Five Ways to Wellbeing

Prior knowledge / skills this builds on (Y3):

- Understanding why it is important to look after my teeth.
- To understand ways to prevent tooth decay.
- Developing the ability to plan for a healthy lifestyle with physical activity, a balanced diet and rest.
- To know the different food groups and how much of each of them we should have to have a balanced diet.
- Learning stretches which can be used for relaxation.
- To understand the positive impact relaxation can have on the body.
- Being able to breakdown a problem into smaller parts to overcome it.
- To understand the importance of belonging.
- To understand what a problem or barrier is and that these can be overcome.

What comes next (Y5):

- Developing independence for protecting myself in the sun.
- To understand the risks of sun exposure.
- Considering calories and food groups to plan healthy meals.
- Developing greater responsibility for ensuring good quality sleep.
- To know that calories are the unit that we use to measure the amount of energy certain foods give us.
- To know that what we do before bed can affect our sleep quality.
- Taking responsibility for my own feelings.

Year 5 – Health and Wellbeing

Core Knowledge / skills to be acquired:

- Developing independence for protecting myself in the sun.
- To understand the risks of sun exposure.
- Considering calories and food groups to plan healthy meals.
- Developing greater responsibility for ensuring good quality sleep.
- To know that calories are the unit that we use to measure the amount of energy certain foods give us.
- To know that what we do before bed can affect our sleep quality.
- Taking responsibility for my own feelings.

Key Vocabulary:

- fail
- goal
- protect
- relaxation
- responsibility
- steps

Curriculum Enrichment / Cultural Capital Opportunities

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Prior knowledge / skills this builds on (Y4):

- Developing independence for protecting myself in the sun.
- To understand the risks of sun exposure.
- Considering calories and food groups to plan healthy meals.
- Developing greater responsibility for ensuring good quality sleep.
- To know that calories are the unit that we use to measure the amount of energy certain foods give us.
- To know that what we do before bed can affect our sleep quality.
- Taking responsibility for my own feelings.

What comes next (Y6):

- Discussing ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health.
- To understand that vaccinations can give us protection against disease.
- To know that changes in the body could be possible signs of illness.
- Setting achievable goals for a healthy lifestyle.
- To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).
- Developing strategies for being resilient in challenging situations.
- To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation).
- To know the effects technology can have on mental health.

Year 6 – Health and Wellbeing

Core Knowledge / skills to be acquired:

- Discussing ways to prevent illness. Identifying some actions to take if I am worried about my health or my friends' health.
- To understand that vaccinations can give us protection against disease.
- To know that changes in the body could be possible signs of illness.
- Setting achievable goals for a healthy lifestyle.
- To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health).
- Developing strategies for being resilient in challenging situations.
- To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation).
- To know the effects technology can have on mental health.

Key Vocabulary:

- antibodies
- growth mindset
- habit
- qualities
- responsibility
- skill
- vaccination

Curriculum Enrichment / Cultural Capital Opportunities

- Children's Mental Health Week
- Five Ways to Wellbeing

Prior knowledge / skills this builds on (Y5):

- Developing independence for protecting myself in the sun.
- To understand the risks of sun exposure.
- Considering calories and food groups to plan healthy meals.
- Developing greater responsibility for ensuring good quality sleep.
- To know that calories are the unit that we use to measure the amount of energy certain foods give us.
- To know that what we do before bed can affect our sleep quality.
- Taking responsibility for my own feelings.

What comes next (KS3):

- How to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary
- The characteristics of mental and emotional health and strategies for managing these
- The link between language and mental health stigma and develop strategies to challenge stigma and misconceptions associated with help-seeking and mental health concerns.
- A range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support.
- The causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible.