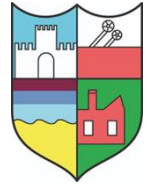


PSHE

Curriculum End Points

Year One

Topic: Health and Wellbeing



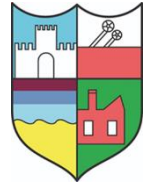
- Describe how they feel using appropriate vocabulary, recognising what different emotions might look/feel like.
- Describe situations which may provoke certain feelings.
- Describe their own qualities and strengths and recognise something they want to get better at.
- Describe their bedtime routine, explaining why sleep is important.
- Explain how rest and relaxation affects our bodies, including mental functions.
- Identify examples where they could use relaxation to help manage difficult emotions.
- Understand that germs can be spread via our hands.
- Know how to wash their hands properly.
- Know the three things they need to do when out in the sun to keep safe.
- Know people can be allergic to certain things and how to help with an allergic reaction.
- Understand that there are a range of people who help to keep us healthy.

PSHE

Curriculum End Points

Year Two

Topic: Health and Wellbeing



- Use multiple colours in a diagram to show how they can feel more than one emotion at a time.
- Describe how they would feel in a particular situation and understand that not everyone feels the same.
- Understand the effect of physical activity on their body and mind.
- Describe energetic physical activities that they enjoy.
- Describe the positive effects of relaxation and know there are different ways to relax.
- Know how to use breathing exercises to relax.
- Recognise and describe what they are good at and what skills they would like to develop.
- Create a complete ladder detailing achievable steps which work towards a goal.
- Explain what a growth mindset is.
- Use strategies to stay calm during trick challenges.
- Explain that a healthy diet is when we eat a balance of the right foods, describing some consequences that may arise from poor diet choices.

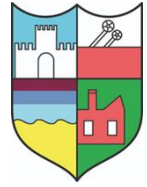
- State what ingredients they can see on a dish and compare them with the food pyramid.
- Understand what helps to keep teeth healthy.

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Curriculum End Points

Year Three

Topic: Health and Wellbeing



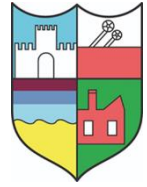
- Create a healthy diary, where energetic activities and high-energy food are scheduled for the same day.
- Work in pairs so that one person can do a stretch while the other draws a stick figure to show the pose.
- Understand the different aspects of my identity.
- Identify their own strengths and that they can help other people.
- Describe how they would break a problem down into small, achievable goals.
- Understand the benefits of healthy eating and dental health.

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Curriculum End Points

Year Four

Topic: Health and Wellbeing



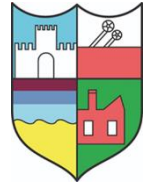
- Identify and share key facts about dental health.
- Describe a calm place that helps them to feel relaxed.
- Describe how they feel when they make a mistake and explain what can be learned from making mistakes.
- Write or describe their strengths and how they could use these in school.
- Describe what makes them happy, suggesting how they could work towards this as a goal.
- Explain that there are some things they can control and others they cannot.
- Understand the range of emotions we can experience.
- Understand what mental health is and that sometimes people might need help.

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Curriculum End Points

Year Five

Topic: Health and Wellbeing



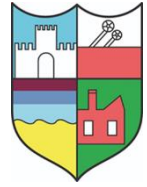
- Perform some yoga poses, following the instructions from a video, and describe how yoga makes them feel.
- Describe how they can get a good night's sleep and explain why this is important.
- Describe why they should embrace failure.
- Describe a strategy to help manage feelings of failure and to help them to persevere.
- Set themselves goals and consider how they will achieve them.
- Describe a range of feelings and suggest two ways of dealing with a difficult situation.
- Demonstrate an understanding of what calories are and how to use them to help plan healthy meals.
- Recognise the food groups and acknowledge that having a variety of food is important for having a balanced and healthy diet.
- Understand how to keep safe in the sun and some of the risks, now and in the future, if they don't.

PSHE

Curriculum End Points

Year Six

Topic: Health and Wellbeing



- Describe qualities or values they want to develop and create achievable goals.
- Describe the importance of relaxation and suggest different strategies.
- Describe how they take care of their physical wellbeing.
- Understand that technology can have an impact on physical and mental health and know some strategies they can use to overcome this.
- Describe what resilience is, why it is important and some useful resilience strategies.
- Understand how vaccination works and why it is important to individuals.
- Understand that habits can be good or bad for health.
- Understand that changes in their body could indicate illness and know what to do if they notice them.