

William Gilbert Endowed C of E Primary and Nursery School Relationship and Health Pupil Progression Grid

	Year 1	Year 2	Year3	Year4	Year 5	Year 6
Mental health and wellbeing	<p>Know 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).</p> <p>Know 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</p>	<p>Understand and be aware of the different ways to show sadness</p> <p>Understand about coping with change and loss</p> <p>Recognise, name and manage my feelings in a positive way</p> <p>Recognise how my behaviour affects other people</p>	<p>Know and understand the difference between the terms physical, emotional and mental</p> <p>Recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health</p> <p>Develop strategies for managing and controlling strong feelings and emotions</p> <p>Know the importance of sufficient, good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p>	<p>Understand that everyone has different strengths and weaknesses</p> <p>Begin to reflect on my worth as an individual by identifying positive things about myself and my achievements</p> <p>Learn about the importance of self-respect and how this links to their own happiness</p>	<p>Know that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>Know about the basic synergy between physical, emotional and mental health</p> <p>Take responsibility for my physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p>	<p>Know the importance of self-respect and how this links to their own happiness</p> <p>Know how and when to seek support including which adults to speak to in school if they are worried about their health</p> <p>Know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough</p> <p>Develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</p> <p>Identify how to find information and advice through help lines</p>

	experiences and situations					<p>Know that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>Know that bullying (including cyberbullying) has a negative and, often, lasting impact on mental wellbeing</p>
Physical health	<p>Understand the need for physical activity to keep healthy</p> <p>Recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health</p> <p>Recognise why healthy eating and physical activity are beneficial</p>	<p>Understand how muscles work</p> <p>Understand the importance of physical activity and rest as part of a balanced, healthy lifestyle,</p> <p>Recognise the benefits of regular exercise</p>	<p>Understand the meaning of the word 'healthy'</p> <p>Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p> <p>Know the risks associated with an inactive lifestyle (including obesity)</p> <p>Recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health</p>	<p>Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p>	<p>Know the characteristics and mental and physical benefits of an active lifestyle</p> <p>Understand the importance of making changes in adopting a healthier lifestyle</p> <p>Take responsibility for my physical activity and nutrition in achieving a physically and mentally healthy lifestyle</p>	<p>Know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body</p>

<p>Healthy eating</p>	<p>Learn about where vegetables and fruit grow</p> <p>Learn to make simple choices that improve their health and well-being e.g. healthy eating</p> <p>Understand the need for protein as part of a balanced diet</p>	<p>Make simple choices that improve their health and well-being e.g. healthy eating</p>		<p>Know what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>Know about and understand the function of different food groups for a balanced diet</p> <p>Explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy Lifestyle</p> <p>Know the principles of planning and preparing a range of healthy meals</p>	<p>Know about the different food groups and their related importance as part of a balanced diet</p> <p>Develop an awareness of their own dietary needs</p> <p>Know the principles of planning and preparing a range of healthy meals</p> <p>Know how to cook and apply the principles of nutrition and healthy eating</p> <p>Prepare and cook with a variety of ingredients, using a range of cooking techniques</p>	
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Drug, alcohol& tobacco	Learn to eradicate germs and the spread of diseases by washing hands	Learn about the importance of medicine safety	Recognise and manage risk in everyday activities	Outside agency training	Know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	Know the facts and science relating to allergies, immunisation and vaccination
Health prevention	Understand how germs spread infections and diseases	Know that all household products, including medicines, can be harmful if not used properly	Take responsibility for my own safety and the safety of others and be able to seek help in an emergency		Identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends	
First aid	Understand the importance of sun safety	Recognise that some substances can help or harm the body	Know how to make a clear and efficient call to emergency services if necessary		Make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs	
	Know how to keep safe in the sun	Learn about the importance of and reasons for bathing and showering			Know concepts of basic first-aid, for example dealing with common injuries, including head injuries	
	Learn rules for, and ways of, keeping safe, including basic road safety and about people who can help them to stay safe	Understand the importance of maintaining personal hygiene To learn about the importance of effective teeth cleaning and good dental hygiene				
	Develop an awareness of the Green Cross Code	To learn how to take care of teeth, in addition to brushing				

<p>Changing adolescent body</p>		<p>Identify and respect similarities and differences between boys and girls</p> <p>Learn about the process of growing from young to old can</p> <p>Recognise the simple physical changes to their bodies experienced since birth</p>	<p>Understand that the rate at which we grow differs from person to person</p> <p>Recognise the changes that take place as I grow</p> <p>Know and understand how to look after our teeth</p>		<p>Know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</p> <p>Understand the physical and emotional changes that take place during puberty, why they are taking place and the importance of personal hygiene</p> <p>Recognise that when the body changes during puberty it can affect feelings and behaviour</p>	<p>Know that relationships can change as a result of growing up</p> <p>Recognise that when the body changes during puberty it can affect feelings and behaviour</p>
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<p>Online relationships</p> <p>Being safe online</p> <p>Internet safety</p>		<p>Know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</p> <p>Recognise risk in everyday activities</p> <p>Know how to keep safe and how and where to get help</p>	<p>Know how to keep safe and how and where to get help</p> <p>Know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p> <p>Know how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</p> <p>Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p> <p>Know how to use strategies to stay safe when using ICT and the internet</p>	<p>Know how information and data is shared and used online</p> <p>Recognise how to get help</p> <p>Know why social media, some computer games and online gaming, for example, are age restricted</p> <p>Know where and how to report concerns and get support with issues online</p> <p>Know how to ICT safely including using software features and settings</p> <p>Know 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</p>		<p>To know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and target</p>
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<p>Economic awareness</p>	<p>Recognise notes and coins</p> <p>Recognise where money comes from and the choices people make to spend money on things they want and need</p> <p>Identify the different types of work people do and learn about different places of work</p>	<p>Understand the importance of managing money carefully</p> <p>Recognise where money comes from and the choices people make to spend money on things they want and need</p> <p>Understand that we cannot always afford the items we want to buy</p>	<p>Recognise the importance of local organisations in providing for the needs of the local community</p> <p>Reflect on how people can take actions, make a positive contribution and have a say in what happens, both locally and nationally</p>		<p>Make connections between my learning, the world of work and my future economic wellbeing</p>	<p>Learn about budgeting and what it means to budget</p> <p>Understand why financial management and planning is important from a young age</p> <p>Recognise that people's basic needs are the same around the world, discussing why some societies are more able to meet these needs than others</p> <p>Recognise how people manage money and learn about basic financial capability</p> <p>Know how to look after my money and realise that future wants and needs may be met through saving</p> <p>Know and understand financial terms such as loan, interest, tax and discount</p>
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Term 1

KS3 Year 7	Term 1 What is PDC?	Term 2 Communication	Term 3 Types of relationships	Term 4 Privacy and Body Space	Term 5 The value of money	Term 6 Health and wellbeing - Puberty and myth busting
	<p>Appreciation of the value of PDC; awareness of the knowledge, awareness, appreciation and skills that it develops and how it helps students in the future</p> <p>Establishing Good Habits</p> <ul style="list-style-type: none"> • Communication, research, organisation <p>Challenging Stereotypes</p> <ul style="list-style-type: none"> • Using case studies to understand the values of equality, diversity and inclusion <p>Skills Builder – Listening</p>	<ul style="list-style-type: none"> • Understanding the power of different communication mediums, including social media <p>Making Decisions</p> <ul style="list-style-type: none"> • Considering the impact of our decisions on others; minimising risk in our decision-making <p>Health and wellbeing - Mental Health</p> <ul style="list-style-type: none"> • Understanding what we mean by mental health; learning different ways to look after our mental health 	<ul style="list-style-type: none"> • Reflecting on the different types of friendship that we might have; being able to identify dominant type friends; understanding the characteristics of positive and negative relationships <p>Groups relationships</p> <ul style="list-style-type: none"> • Understanding how a group of friends can include different characters; understanding what is meant by 'conforming'; reflecting on their own behaviour in a group setting <p>Bullying</p> <ul style="list-style-type: none"> • Understanding the difference between teasing and bullying; awareness of the impact of bullying; understanding what is meant by peer pressure and empathy; considering situations from other perspectives <p>Abusive relationships</p> <ul style="list-style-type: none"> • Knowledge of the different forms of abusive relationship; awareness that they can happen to anyone; signposting <p>Skills Builder – Speaking</p>	<ul style="list-style-type: none"> • Understanding what is meant by personal space; learning what it meant by consent and why it is important <p>Online behaviour / sexting</p> <ul style="list-style-type: none"> • Learning how to develop and maintain healthy relationships online; knowledge of how to deal with risky or negative online relationships, including online bullying and abuse <p>Skills builder – Speaking</p>	<ul style="list-style-type: none"> • Self-awareness of attitude to money and strengths and weaknesses; understanding the difference between a want and a need; appreciation <p>Making economic decisions</p> <ul style="list-style-type: none"> • Reflecting on what influences our decisions regarding money; evaluation of whether the influences are positive or negative <p>Fraud</p> <ul style="list-style-type: none"> • Knowledge of what fraud is, including different types; analysis of the impact of fraud; learning how to protect oneself from fraud <p>A fair wage</p> <ul style="list-style-type: none"> • Reflecting on the value of money and worth; evaluation of job satisfaction v wages 	<ul style="list-style-type: none"> • Learning how to manage growth and change as normal parts of growing up, including puberty and the physical and emotional changes of adolescence <p>Health and wellbeing - Skin</p> <ul style="list-style-type: none"> • Learning the difference between healthy and unhealthy skin, including the factors which affect skin <p>Health and wellbeing - Eating well</p> <ul style="list-style-type: none"> • Recognising what influences their choices about diet and exercise; revising what is meant by a balanced diet and the different types of exercise

