

Huyton with Roby PSHE Core Knowledge

Summer term



	Health and Wellbeing		
	Physical Health and Mental Wellbeing	Growing and Changing	Keeping Safe
Year 1	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will learn ways in which to take care of themselves on a daily basis. • Children will learn about basic hygiene routines e.g handwashing. • Children will learn about healthy and unhealthy foods, including sugar intake. • Children will learn about physical activity and how it keeps people healthy. • Children will learn how to keep safe in the sun. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will recognise what makes them special, their likes and dislikes and what they're good at. • Children will recognise how they are different to others. • Children will learn about different kinds of feelings. • Children will learn how to recognise feelings in themselves. • Children will learn how we can manage our feelings and whom to tell when finding things difficult, or when things go wrong. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will learn how rules keep us safe and why some things have age restrictions e.g TV and film, games, toys or play areas. • Children will learn basic rules for keeping safe online. • Children will be able to say who they would tell if they see something online that makes them feel unhappy, worried or scared.
Year 2	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will learn about routines and habits for maintaining good physical and mental health. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will learn about the human life cycle and how people grow from young to old. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will recognise risk in everyday situations e.g road, water and rail safety, medicines

	<ul style="list-style-type: none"> • Children will learn that sleep and rest are important for growing and keeping healthy. • Children will learn that medicines, including vaccinations and immunisations can help people stay healthy and manage allergies. • Children will learn the importance of, and routines for brushing teeth and visiting the dentist. • Children learn about food and drink that affect dental health. • Children will learn how to manage big feelings including those associated with change, loss and bereavement. • Children will know when and how to ask for help and how to help others with their feelings. 	<ul style="list-style-type: none"> • Children will learn how our needs and bodies change as we grow up. • Children will be able to identify and name the parts of the body. 	<ul style="list-style-type: none"> • Children will learn how to keep themselves safe at home in relation to electrical appliances, fire safety and medicines/household products. • Children will learn how to respond if there is an accident and someone is hurt. • Children will learn how to get help in an emergency , including how to get help in an emergency, including how to dial 999 and what to say.
Year 3	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will learn the positive and negative effects of habits, such as regular exercise or eating too much sugar on a healthy lifestyle. • Children will learn what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally. • Children will learn that regular exercise such as walking or cycling has positive benefits for their mental and physical health. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will learn how to identify their own personal strengths and interests and what they're proud of (in school, out of school). • Children will learn to recognise challenges to self-worth e.g finding school work difficult, friendship issues. • Children will learn how to manage and reframe setbacks e.g asking for help, focusing on what they can learn from a setback, 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • Children will learn how to identify typical hazards at home and in school. • Children will learn about fire safety at home including the need for smoke alarms. • Children will learn how to keep themselves safe in the local environment or unfamiliar places, including road, rail, water and firework safety.

	<ul style="list-style-type: none"> Children will learn about the things that affect feelings both positively and negatively. Children will learn strategies to identify their feelings. 	remembering what they are good at, trying again.	
Year 4	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally. how to maintain oral hygiene and dental health, including how to brush and floss correctly. the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> how to identify external body parts. about the physical and emotional changes during puberty. key facts about the menstrual cycle and menstrual wellbeing. strategies to manage the changes during puberty including menstruation. how to get information, help and advice about puberty. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> the importance of taking medicines correctly and using household products safely. to recognise what is meant by a 'drug'. that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing. to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects. that for some people using drugs can become a habit which is difficult to break.
Year 5	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> how sleep contributes to a healthy lifestyle. healthy sleep strategies and how to maintain them. how to manage risk in relation to sun exposure, including skin damage and heat stroke. that some diseases can be prevented by vaccinations and immunisations. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes. how to recognise, respect and express their individuality and personal qualities. about the link between participating in interests, hobbies 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> to differentiate between positive risk taking (e.g. trying a challenging new sport) and dangerous behaviour. how to deal with common injuries using basic first aid techniques. how to respond in an emergency, including when and how to contact different emergency services.

	<ul style="list-style-type: none"> • how they can prevent the spread of bacteria and viruses with everyday hygiene routines. 	and community groups and mental wellbeing.	
Year 6	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • that mental health is just as important as physical health and that both need looking after. • to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support. • how negative experiences such as being bullied or feeling lonely can affect mental wellbeing. • positive strategies for managing feelings. • to recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available. • identify where they and others can ask for help and support with mental wellbeing in and outside school. • about the process of grieving and how grief can be expressed. • how balancing time online with other activities helps to maintain their health and wellbeing. • strategies to manage time spent online and foster positive habits e.g. switching phone off at night. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • about what being more independent might be like, including how it may feel. • about the transition to secondary school and how this may affect their feelings. • about how relationships may change as they grow up or move to secondary school. • practical strategies that can help to manage times of change and transition e.g. practising the bus route to secondary school. • identify the links between love, committed relationships and conception. • how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb. • about the responsibilities of being a parent or carer and how having a baby changes someone's life. 	<p><i>Children will learn:</i></p> <ul style="list-style-type: none"> • that images or text can be quickly shared with others, even when only sent to one person, and what the impact of this might be. • what to do if they take, share or come across an image which may upset, hurt or embarrass them or others. • about the different age rating systems for social media, T.V, films, games and online gaming. • why age restrictions are important and how they help people make safe decisions about what to watch, use or play. • about the risks and effects of different drugs. • to recognise why people choose to use or not use drugs, including nicotine, alcohol and medicines as well as illegal drugs. • about the organisations where people can get help and support concerning drug use. • how to ask for help if they have concerns about drug use.

	<ul style="list-style-type: none">• what to do and whom to tell if they are frightened or worried about something they have seen online.		
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