



Physical Health and Wellbeing



By the end of primary school:

In addition to the use of the “Jigsaw” materials, we enhance the RSHE Curriculum (in red). Many bullet points below are also taught as part of the Science or Computing Curriculum.

Mental wellbeing	Pupils should know: • 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 - Developed across the curriculum, including through the use of the “Primary Picture New Resource” which links vocabulary to 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 - Our extra-curricular gardening and sports clubs and well-established Forest School Curriculum (see SMSC Document), Archbishop of York Young Leaders Award (currently in Year 2), Year 6 children have received “Play Leaders” training to oversee participation of younger children in lunchtime physical activity • simple self-care techniques, including the importance of rest, timespent with friends and family and the benefits of hobbies and interests - Through our wider offer of extra-curricular clubs. • 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 oftenlasting impact on mental wellbeing - Anti-bullying week activities/ Lincs SSP Offer of workshops • 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). The children are regularly reminded of the Child line phone number (up around school). Specific children targeted for ELSA support. • 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.
Internet safety and harms	Pupils should know: • 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. • 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. • 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 Our year 1&2, 3&4 and 5&6 children undertake annual e-safety workshops provided by the Lincolnshire Stay Safe Partnership (SSP).

Physical health and fitness	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, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. We also focus on road safety, and participate in the Lincs Junior Road Safety Officer programme - the risks associated with an inactive lifestyle (including obesity). - how and when to seek support including which adults to speak to in school if they are worried about their health Daily half-hour of exercise supplemented by active mile when necessary. All Year 5 children participate in Bikeability (continued in Year 6 if necessary), 2 x extra-curricular sports clubs each week.
Healthy eating	Pupils should know: - what constitutes a healthy diet (including understanding calories and other 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 tooth decay) and other behaviours (e.g., the impact of alcohol on diet or health). The school has worked with the Lincolnshire Food Education Team this year. They have provided support and advice to children themselves, to parents and to teachers (regarding curriculum messages). Children will be joining parents at an after school healthy food cookery event in the community hall at the centre of the local estate.
Drugs, alcohol & tobacco	Pupils should know: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. Year 5/6 pupils participate in substance misuse workshop provided by Lincolnshire SSP.
Health & prevention	Pupils should know: - 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. Whole-school push on sun safety – staff lead by example through use of sun hats and sun cream – regular reminders sent to parents. - 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 and dental flossing, including regular check-ups at the dentist. - about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. - the facts and science relating to allergies, immunisation and vaccination.
Basic first aid	Pupils should 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. All children participate in annual First Aid Training from Lives (we participate in the LIVES Superhero Day in order to raise money as a thank you for the training received), and more recently provided by JB Sports Coaching
Changing adolescent bodies	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. - about menstrual wellbeing including the key facts about the menstrual cycle. See PSHE/RSE Policy for details of Sex Education provided for our children. Girls are aware of the sanitary supplies kept in school for them to use as they wish.