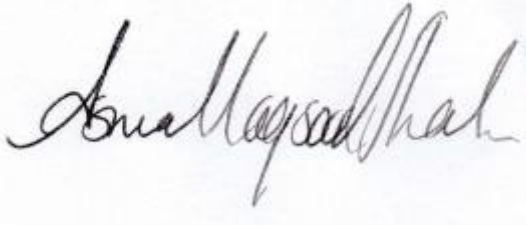




**PSHE (Personal, Social, Health Education) Policy
(including Relationships and Health Education
statutory from September 2020, and our position on
Sex Education**

Date of last review:	July 2021	Review Period:	1 year
Date of next review:	April 2022	Owner:	Asma Maqsood-Shah – Principal

Policy Signed off on:- July 2021	Date: July 2021	Date: July 2021
Signed off by: Principal & Chair of Governors	Name: Asma Maqsood-Shah - Principal Signature: 	Name: Shufqat Khan - Chair of Governors Signature: 

Context

All schools must provide a curriculum that is broadly based, balanced and meets the needs of all pupils. Under section 78 of the Education Act 2002 and the Academies Act 2010, a PSHE curriculum:

- Promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and
- Prepares pupils at the school for the opportunities, responsibilities and experiences of later life.

PSHE

At High Hazels Academy, we teach Personal, Social, Health Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The Jigsaw Programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area. The overview of the programme can be seen on the school website.

This also supports the "Personal Development" and "Behaviour and Attitude" aspects required under the Ofsted Inspection Framework, as well as significantly contributing to the school's Safeguarding and Equality Duties, the Government's British Values agenda and the SMSC (Spiritual, Moral, Social, Cultural) development opportunities provided for our children.



Statutory Relationships and Health Education

“The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education(PSHE) continues to be compulsory in independent schools.”

DfE Guidance p.8

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

“This is why we have made Relationships Education compulsory in all primary schools in England...as well as making Health Education compulsory in all state-funded schools.”

“In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.”

“These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others’ wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.”

Secretary of State Foreword DfE Guidance 2019 p.4-5

“Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons.”

DfE Guidance p.8

“All schools must have in place a written policy for Relationships Education and RSE.”

DfE Guidance p.11

Here, at High Hazels Academy, we value PSHE as one way to support children’s development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to your children’s needs. The mapping document: Jigsaw 3-11 and statutory Relationships and Health Education, shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education requirements.



This programme's complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported.

Our PSHE policy is informed by existing DfE guidance:

- [Keeping Children Safe in Education](#) (statutory guidance)
- [Respectful School Communities: Self Review and Signposting Tool](#) (a tool to support a whole school approach that promotes respect and discipline)
- [Behaviour and Discipline in Schools](#) (advice for schools, including advice for appropriate behaviour between pupils)
- [Equality Act 2010 and schools](#)
- [SEND code of practice: 0 to 25 years](#) (statutory guidance)
- [Alternative Provision](#) (statutory guidance)
- [Mental Health and Behaviour in Schools](#) (advice for schools)
- [Preventing and Tackling Bullying](#) (advice for schools, including advice on cyberbullying)
- [Sexual violence and sexual harassment between children in schools](#) (advice for schools)
- [The Equality and Human Rights Commission Advice and Guidance](#) (provides advice on avoiding discrimination in a variety of educational contexts)
- [Promoting Fundamental British Values as part of SMSC in schools](#) (guidance for maintained schools on promoting basic important British values as part of pupils' spiritual, moral, social and cultural (SMSC))
- [SMSC requirements for independent schools](#) (guidance for independent schools on how they should support pupils' spiritual, moral, social and cultural development).

The Jigsaw Programme is aligned to the PSHE Association Programmes of Study for PSHE.

What do we teach when and who teaches it?

Whole-school approach

Jigsaw covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school by the class teacher; the learning deepens and broadens every year.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber, race, gender and homophobic bullying included) and understanding.



Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships Education in the context of coping positively with change

At High Hazels Academy, we allocate 30 minutes to PSHE each week in order to teach the PSHE knowledge and skills in a developmental and age-appropriate way.

These explicit lessons are reinforced and enhanced in many ways:

Assemblies and collective worship, praise and reward system, Learning Charter, through relationships child to child, adult to child and adult to adult across the school. We aim to 'live' what is learnt and apply it to everyday situations in the school community.

Class teachers deliver the weekly lessons to their own classes.

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.



Health Education

What does the DfE statutory guidance on Health

Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter.

Also, teaching children about puberty is a statutory requirement which sits within the Health Education part of the DfE guidance within the 'Changing adolescent body' strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit).

At High Hazels Academy, puberty is taught through the 'Changing Me' Puzzle (unit) in Summer term 2 of year 5. As a statutory part of the RHE curriculum, parents do not have a right to withdraw their child from this lesson.

Again, the mapping document transparently shows how the Jigsaw whole-school approach spirals the learning and meets all statutory requirements and more.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

However, 'Sex Education is not compulsory in primary schools.' (p. 23)

Sex education 'should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born'.

At High Hazels Academy, we will offer Sex education to our pupils, but will support any parents right to withdraw their child from this lesson. This lesson is taught in Year 6 in summer term. Parents will be asked if they would like to withdraw their child from this lesson from Autumn term of Year 6.

Parents' right to request their child be excused from Sex Education

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p. 17

At High Hazels Academy, we offer a lesson on Human Reproduction in Summer term 2 of year 6. We inform parents of their right to request their child to be withdrawn from this lesson. Parents can withdraw their child at any point from the start of year six on Arbor. The school sends a letter to parents to remind them of their right to withdraw their child from this lesson before the lesson is taught. We hold a session for all year six parents to show the content of the Human Reproduction



lesson. During this time, parents can inform the Principal if they then wish to withdraw their child from this lesson.

Monitoring and Review

The Curriculum Committee of the governing body monitors this policy on an annual basis. This committee reports its findings and recommendations to the full governing body, as necessary, if the policy needs modification. The Curriculum Committee gives serious consideration to any comments from parents about the PSHE (RSHE) programme, and makes a record of all such comments. Governors scrutinise and ratify teaching materials to check they are in accordance with the school's ethos.

Equality

This policy will inform the school's Equalities Plan.

The DfE Guidance 2019 (p. 15) states, "Schools should ensure that the needs of all pupils are appropriately met, and that all pupils understand the importance of equality and respect. Schools must ensure they comply with the relevant provisions of the Equality Act 2010 under which age, disability, race, gender reassignment, marriage and civil partnership, religion and belief, gender and sexual orientation are protected characteristics.

At High Hazels Academy, we promote respect for all and value every individual child. We also respect the right of our children, their families and our staff, to hold beliefs, religious or otherwise, and understand that sometimes these may be in tension with our approach to some aspects of Relationships, Health and Sex Education.

Primary children learn that not all families are the same and to respect these differences. They also learn about bullying and how to treat others with respect, whether this is within their immediate relationships, or in the wider community. The guidance also states that when learning about different families, care should be taken to avoid stigmatisation of children based on their home circumstances. It also reaffirms the duty for schools to comply with the Equality Act, where gender, family status, age, disability, sexual orientation, race, religion and gender-reassignment are some of the protected characteristics.

Policy Review

This policy is reviewed annually.

Relationships Education in Primary schools (Appendix 1) – DfE Guidance 2019

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. The references R3/H5 etc can be cross-referenced on the Jigsaw mapping documents and Puzzle Maps to show which lessons throughout Jigsaw contribute to which statutory outcomes. All statutory outcomes are covered in the Jigsaw 3-11 Programme.

The guidance states that, by the end of primary school:

	Pupils should know...	How Jigsaw provides the solution
Families and people who care for me	• R1 that families are important for children growing up because they can give love, security and stability. • R2 the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. • R3 that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. • R4 that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. • R5 that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious). • R6 how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed	All of these aspects are covered in lessons within the Puzzles • Relationships • Changing Me • Celebrating Difference • Being Me in My World



Caring friendships	• R7 how important friendships are in making us feel happy and secure, and how people choose and make friends • R8 the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • R9 that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded • R10 that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • R11 how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help and advice from others, if needed	
Respectful relationships	• R12 the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • R13 practical steps they can take in a range of different contexts to improve or support respectful relationships • R14 the conventions of courtesy and manners • R15 the importance of self-respect and how this links to their own happiness • R16 that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • R17 about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • R18 what a stereotype is, and how stereotypes can be unfair, negative or destructive • R19 the importance of permission-seeking and giving in relationships with friends, peers and adults	



Online relationships	• R20 that people sometimes behave differently online, including by pretending to be someone they are not. • R21 that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. • R22 the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. • R23 how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • R24 how information and data is shared and used online.	All of these aspects are covered in lessons within the Puzzles • Relationships • Changing Me • Celebrating Difference
Being safe	• R25 what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • R26 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. • R27 that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. • R28 how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. • R29 how to recognise and report feelings of being unsafe or feeling bad about any adult. • R30 how to ask for advice or help for themselves or others, and to keep trying until they are heard, • R31 how to report concerns or abuse, and the vocabulary and confidence needed to do so. • R32 where to get advice e.g. family, school and/or other sources.	All of these aspects are covered in lessons within the Puzzles • Relationships • Changing Me • Celebrating Difference

Physical health and mental well-being education in Primary schools – DfE Guidance

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental well-being is a normal part of daily life, in the same way as physical health.

By the end of primary school:

	Pupils should know	How Jigsaw provides the solution
Mental wellbeing	• H1 that mental wellbeing is a normal part of daily life, in the same way as physical health. • H2 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. • H3 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. • H4 how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • H5 the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness. • H6 simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • H7 isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • H8 that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being.	All of these aspects are covered in lessons within the Puzzles • Healthy Me • Relationships • Changing Me • Celebrating Difference

	• H9 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 well-being or ability to control their emotions (including issues arising online). • H10 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	• H11 that for most people the internet is an integral part of life and has many benefits. • H12 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. • H13 how to consider the effect of their online actions on others and knowhow to recognise and display respectful behaviour online and the importance of keeping personal information private. • H14 why social media, some computer games and online gaming, for example, are age restricted. • H15 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. • H16 how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • H17 where and how to report concerns and get support with issues online.	All of these aspects are covered in lessons within the Puzzles • Relationships • Healthy Me
Physical health and fitness	• H18 the characteristics and mental and physical benefits of an active lifestyle.	All of these aspects are covered in lessons within the Puzzles • Healthy Me

	• H19 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. • H20 the risks associated with an inactive lifestyle (including obesity). • H21 how and when to seek support including which adults to speak to in school if they are worried about their health.	
Healthy eating	• H22 what constitutes a healthy diet (including understanding calories and other nutritional content). • H23 the principles of planning and preparing a range of healthy meals. • H24 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).	All of these aspects are covered in lessons within the Puzzles • Healthy Me
Drugs, alcohol and tobacco	• H25 the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	This aspect is covered in year 6 science lessons.
Health and prevention	• H26 how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • H27 about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • H28 the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • H29 about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • H30 about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • H31 the facts and science relating to immunisation and vaccination	All of these aspects are covered in lessons within the Puzzles • Healthy Me
Basic first aid	• H32 how to make a clear and efficient call to emergency services if necessary. • H33 concepts of basic first-aid, for example dealing with common injuries, including head injuries.	All of these aspects are covered in lessons within the Puzzles • Healthy Me



Changing adolescent body	• H34 key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • H35 about menstrual wellbeing including the key facts about the menstrual cycle.	All of these aspects are covered in lessons within the Puzzles • Changing Me • Healthy Me
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Relationships Health Education and P.S.H.E. in High Hazels Academy context (Appendix 2)

Jigsaw guarantees that its PSHE Programmes for primary and secondary meet the statutory requirements for Relationships Education and Health Education at Primary.

This work sits within the Jigsaw whole-school approach to PSHE which has an emphasis on emotional literacy and mental health.

Be assured that Jigsaw covers all the expectations and more, and where and when this happens can be seen in the DfE guidance map on the Jigsaw website under articles A-Z.

By the end of primary pupils should know:								
Relationships and Health Education (RHE)		Coverage						
Families and people who care for me		Years						
		R	1	2	3	4	5	6
R1	that families are important for children growing up because they can give love, security and stability.		x	x	x	x		x
R2	the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.		x	x	x	x		
R3	that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.		x	x	x	x		x
R4	that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.		x	x	x	x		
R5	that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.			x	x			x
R6	how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.		x	x	x	x		x
Caring Friendship		Years						



		R	1	2	3	4	5	6
R7	how important friendships are in making us feel happy and secure, and how people choose and make friends.		x	x	x	x		x
R8	the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.		x	x	x	x		x
R9	that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.		x	x	x	x	x	x
R10	that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.		x	x	x	x	x	x
R11	how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.		x	x	x	x	x	x
Respectful relationships								
		Years						
		R	1	2	3	4	5	6
R12	the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.		x	x	x	x	x	x
R13	practical steps they can take in a range of different contexts to improve or support respectful relationships.		x	x	x	x	x	x
R14	the conventions of courtesy and manners		x	x	x	x	x	x
R15	the importance of self-respect and how this links to their own happiness		x	x	x	x	x	x
R16	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.		x	x	x	x	x	x
R17	about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.		x	x	x	x	x	x
R18	what a stereotype is, and how stereotypes can be unfair, negative or destructive.			x	x	x	x	x
R19	the importance of permission-seeking and giving in relationships with friends, peers and adults.		x	x	x	x	x	x
Online relationships								
		Years						



		R	1	2	3	4	5	6
R20	that people sometimes behave differently online, including by pretending to be someone they are not.			x	x	x	x	x
R21	that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.			x	x	x	x	x
R22	the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.			x	x	x	x	x
R23	how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.				x		x	x
R24	how information and data is shared and used online.				x		x	x
Being safe								
		Years						
		R	1	2	3	4	5	6
R25	what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)		x	x	x	x	x	x
R26	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.		x	x	x	x	x	x
R27	that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.		x	x	x	x	x	x
R28	how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.		x	x	x	x		x
R29	how to recognise and report feelings of being unsafe or feeling bad about any adult.		x	x	x	x	x	x
R30	how to ask for advice or help for themselves or others, and to keep trying until they are heard,		x	x	x	x	x	x
R31	how to report concerns or abuse, and the vocabulary and confidence needed to do so.		x	x	x	x	x	x
R32	where to get advice e.g. family, school and/or other sources.		x	x	x	x	x	x

By the end of primary pupils should know:

Physical health and mental wellbeing		Years						
Mental wellbeing		R	1	2	3	4	5	6
H1	that mental wellbeing is a normal part of daily life, in the same way as physical health.		x	x	x	x	x	x
H2	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.		x	x	x	x	x	x
H3	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		x	x	x	x	x	x
H4	how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.		x	x	x	x	x	x
H5	the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.		x	x	x		x	x
H6	simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.		x	x	x		x	x
H7	isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.		x	x	x	x	x	x
H8	that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.		x	x	x	x	x	x
H9	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).		x	x	x	x	x	x
H10	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.					x	x	x
Internet safety and harms		Years						
		R	1	2	3	4	5	6
H11	that for most people the internet is an integral part of life and has many benefits.			x	x		x	x
H12	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.			x	x		x	x
H13	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			x	x	x	x	x



H14	why social media, some computer games and online gaming, for example, are age restricted.				x		x	x
H15	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.			x	x		x	x
H16	how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.				x		x	x
H17	where and how to report concerns and get support with issues online.			x	x		x	x
Physical health and fitness		Years						
		R	1	2	3	4	5	6
H18	the characteristics and mental and physical benefits of an active lifestyle		x	x	x		x	x
H19	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.		x	x	x		x	x
H20	the risks associated with an inactive lifestyle (including obesity).			x	x		x	x
H21	how and when to seek support including which adults to speak to in school if they are worried about their health.		x	x	x	x	x	x
Healthy eating		Years						
		R	1	2	3	4	5	6
H22	what constitutes a healthy diet (including understanding calories and other nutritional content).		x	x	x			
H23	the principles of planning and preparing a range of healthy meals.		x	x	x			
H24	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).		x	x	x	x	x	x
Drugs, alcohol and tobacco		Years						
		R	1	2	3	4	5	6
H25	the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.				x	x	x	x
Health and prevention		Years						
		R	1	2	3	4	5	6
H26	how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body					x		



H27	about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.							
H28	the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.		x	x	x		x	x
H29	about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.							
H30	about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.		x					
H31	the facts and science relating to immunisation and vaccination							x
Basic first aid		Years						
		R	1	2	3	4	5	6
H32	how to make a clear and efficient call to emergency services if necessary				x		x	
H33	concepts of basic first-aid, for example dealing with common injuries, including head injuries.						x	
Changing adolescent body		Years						
		R	1	2	3	4	5	6
H34	key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.						x	x
H35	about menstrual wellbeing including the key facts about the menstrual cycle.						x	x
	Non-statutory-Human reproduction							x

End of Guidance Appendix