

RSHE/PSHE Curriculum Coverage



Dream Big. Aim High
& Make a Difference

Physical Health and Mental Wellbeing Education coverage

Mental Wellbeing

Statutory guidance statement	How this is covered at Potley Hill Primary School
<ul style="list-style-type: none"> that mental wellbeing is a normal part of daily life, in the same way as physical health 	<ul style="list-style-type: none"> Use of the 'My Happy Mind' programme Daily emotional check-ins, following up with individual children as needed. Use of thought boxes in each classroom Assemblies Participation in local and national events: <ul style="list-style-type: none"> ➤ Anti bullying (Kindness) week ➤ Children's Mental Health week ➤ E-safety day ➤ NSPCC programmes ELSA and other nurture programmes
<ul style="list-style-type: none"> 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 	
<ul style="list-style-type: none"> 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 	
<ul style="list-style-type: none"> how to judge whether what they are feeling and how they are behaving is appropriate and proportionate 	
<ul style="list-style-type: none"> the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness 	
<ul style="list-style-type: none"> simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests 	
<ul style="list-style-type: none"> isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support 	
<ul style="list-style-type: none"> that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing 	
<ul style="list-style-type: none"> 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) 	
<ul style="list-style-type: none"> 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 harm

Statutory guidance statement	How this is covered at Potley Hill Primary School
• that for most people the internet is an integral part of life and has many benefits	<ul style="list-style-type: none">• Discrete e-safety lessons taught each half term• Through delivery of the Computing curriculum for all year groups• Participation in Online Safety day• Assemblies
• 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	

Physical health and fitness

Statutory guidance statement	How this is covered at Potley Hill Primary School
• the characteristics and mental and physical benefits of an active lifestyle	<ul style="list-style-type: none">• Covered widely through the delivery of the PE curriculum in all year groups.• Cross curricular links with Science in Years 2 and 6• Daily Mile• Availability and promotion of physical enrichment clubs and activities.• Participation in 'Walk to School' week
• 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	
• 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	

Healthy eating

Statutory guidance statement	How this is covered at Potley Hill Primary School
<ul style="list-style-type: none">• what constitutes a healthy diet (including understanding calories and other nutritional content)	<ul style="list-style-type: none">• Cross curricular links with Science in Years 2, 3 and 6.• Covered widely through the delivery of the DT Cooking and Nutrition curriculum in all year groups.
<ul style="list-style-type: none">• the principles of planning and preparing a range of healthy meals	
<ul style="list-style-type: none">• 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)	

Health and prevention

Statutory guidance statement	How this is covered at Potley Hill Primary School
<ul style="list-style-type: none">• how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body	<ul style="list-style-type: none">• Through use of the 'My Happy Mind' programme• Assemblies• Discrete teaching of:<ul style="list-style-type: none">➤ Sun care in Year R➤ Oral hygiene in Year R and Year 4 though the science curriculum➤ Personal hygiene in Year R and Year 2 through the science curriculum➤ Personal hygiene in Year 6
<ul style="list-style-type: none">• about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	
<ul style="list-style-type: none">• the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	
<ul style="list-style-type: none">• about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	
<ul style="list-style-type: none">• about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	
<ul style="list-style-type: none">• the facts and science relating to allergies, immunisation and vaccination	

Basic first aid

Statutory guidance statement	How this is covered at Potley Hill Primary School
<ul style="list-style-type: none">• how to make a clear and efficient call to emergency services if necessary	<ul style="list-style-type: none">• Assemblies• Discrete teaching in KS2
<ul style="list-style-type: none">• concepts of basic first-aid, for example dealing with common injuries, including head injuries	

Drugs, alcohol and tobacco

Statutory guidance statement	How this is covered at Potley Hill Primary School
<ul style="list-style-type: none">the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	<ul style="list-style-type: none">Through discrete lessons as follows:<ul style="list-style-type: none">KS1 – children should be introduced to the fact that some substances are dangerous and can cause you harm.Lower KS2 – children should be introduced to the fact that while all medicines are drugs, not all drugs are medicines.Upper KS2 - children should also begin to be aware of the harmful effects on health of abuse of tobacco, alcohol, solvents and other drugs, including vaping.Cross curricular links with science in Year 6

Puberty

Statutory guidance statement	How this is covered at Potley Hill Primary School
<ul style="list-style-type: none">key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes	<ul style="list-style-type: none">Through discrete teaching in Years 4, 5 and 6.Cross curricular links with science in Year 5
<ul style="list-style-type: none">about menstrual wellbeing including the key facts about the menstrual cycle	

Sex Education

The Relationships Education, RSE, and Health Education (England) Regulations 2019 have made Relationships Education compulsory in all primary schools. Sex education is not compulsory in primary schools.

The content set out in this guidance covers everything that primary schools should teach about relationships and health, including puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. It will be for primary schools to determine whether they need to cover any additional content on sex education to meet the needs of their pupils. Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.

Curriculum content	How this is covered at Potley Hill Primary School
<ul style="list-style-type: none"> to identify the external genitalia in males and females 	<ul style="list-style-type: none"> Discrete teaching in Year 2
<ul style="list-style-type: none"> to identify the internal reproductive organs in males and females and how the process of puberty relates to human reproduction. 	<ul style="list-style-type: none"> Discrete teaching in 5 and 6
<ul style="list-style-type: none"> the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for). 	<ul style="list-style-type: none"> Discrete teaching in 5 and 6 Cross curricular links with science in Year 5
<ul style="list-style-type: none"> about where to get more information, help and advice about growing and changing, especially about puberty. 	<ul style="list-style-type: none"> Discrete teaching in Years 4, 5 and 6.