

Cycle A 2022-2023 PSHE Supplementary Progression Document

This document is to be used alongside our My Happy Minds progression document.

PSHE Theme Days will be used to ensure coverage of key skills and knowledge that will not be covered in our My Happy Minds lessons, with the exception of Growing and Changing, which will be delivered in weekly lessons during Summer 2.

Healthy Heroes Day!

KS1 - Healthy Lifestyles (Physical wellbeing):

H2. about foods that support good health and the risks of eating too much sugar.

H3. about how physical activity helps us to stay healthy; and ways to be physically active every day.

H5. simple hygiene routines that can stop germs from spreading.

H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy.

H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health.

H8. how to keep safe in the sun and protect skin from sun damage.

H10. about the people who help us to stay physically healthy.

KS1 - Drugs, alcohol and tobacco:

H37. about things that people can put into their body or on their skin; how these can affect how people feel.

KS2 - Healthy Lifestyles (Physical wellbeing)

H5. about what good physical health means; how to recognise early signs of physical illness

H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.

H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle.

H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it.

H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed.

H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking).

H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.

H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.

Drugs, Alcohol and Tobacco (KS2)

H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break.

H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others.

H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines).

H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping.

H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns

Risk-takers

KS1 - Keeping Safe

H28. about rules and age restrictions that keep us safe

H30. about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters).

H31. that household products (including medicines) can be harmful if not used correctly.

H32. ways to keep safe in familiar and unfamiliar environments (e.g. beach, shopping centre, park, swimming pool, on the street) and how to cross the road safely.

H33. about the people whose job it is to help keep us safe.

H35. about what to do if there is an accident and someone is hurt.

H36. how to get help in an emergency (how to dial 999 and what to say)

KS2 - Keeping Safe

H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.

H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully).

H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about.

H43. about what is meant by first aid; basic techniques for dealing with common injuries.

H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say.

H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk (This objective will be covered during our Growing and Changing unit)

Growing and Changing

KS1 - Ourselves Growing and changing

H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles). H26. about growing and changing from young to old and how people's needs change. H27. about preparing to move to a new class/year group

KS2 - Ourselves Growing and changing

H26. that for some people gender identity does not correspond with their biological sex.
H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking. H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.
H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams).
H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene.
H33. about 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).
H34. about where to get more information, help and advice about growing and changing, especially about puberty.
H35. about the new opportunities and responsibilities that increasing independence may bring.
H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk