

Newby and Scalby Primary School Curriculum Overview

PSHE & Citizenship – My Healthy Lifestyle

Year 1 Learning	
K & S	<ul style="list-style-type: none"> I know the importance of personal hygiene and I am able to wash my hands properly, regularly wash my body and clean my teeth twice a day I understand what physical and mental health means and that all humans have it I know how to keep my body healthy through being active, healthy eating, getting enough rest, dental health, sun protection and looking after my emotional wellbeing I can recognise what I like and dislike, how to make real, informed choices that improves my physical and emotional health and to recognise that choices can have good and not so good consequences <ul style="list-style-type: none"> I can talk about my emotions and recognise them in others I know what makes me happy I understand what being resilient means to me and I have strategies I can use I know some of the reasons why change can feel uncomfortable and I know some of the ways of dealing with the feelings that sometimes arise from changes <p>Taught input – Autumn 2</p>
V	Clean, wash, body, teeth, germs, stickability, feelings, health/healthy, mind, active, mistakes, changes, likes/dislikes, exercise, safe, safety, unsafe, private, true, false, online, (proud) happy, pleased, excited, sad, angry, cross, scared, worried, shocked, afraid, lonely
E	<p>Weekly Whole School Assembly – PSHE/Academic Resilience focus for the week</p> <p>Weekly Celebration Assembly – based on the PSHE/Academic Resilience focus for the week</p> <p>Weekly Class Assembly – class PSHE focus</p> <p>Preparing a healthy dish (D&T) – Around the World Theme</p> <p>Sport Relief</p> <p>Sports' Day</p> <p>PE Curriculum</p> <p>Recognising and controlling emotions - Pantomime Visit</p>

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Year 2 Learning	
K & S	<ul style="list-style-type: none"> I know that a healthy lifestyle includes being physically active, rest, healthy eating, dental health, sun protection and emotional health and I can give examples of what I do on a daily and on a regular basis to keep myself healthy I can make simple choices to improve my physical and emotional health I know how diseases are spread and how they can be controlled and my responsibilities for my own and others health, I am able to wash my hands properly <ul style="list-style-type: none"> I can recognise and name a range of feelings and understand that we all experience emotions in relation to different experiences and situations I have simple strategies to manage my feelings I understand what being resilient means to me and I have strategies I can use I know that even changes we want to happen can sometimes feel uncomfortable but I have identified ways I manage those feelings <p>Taught input – Autumn 2</p>
E	<p>Weekly Whole School Assembly – PSHE/Academic Resilience focus for the week</p> <p>Weekly Celebration Assembly – based on the PSHE/Academic Resilience focus for the week</p> <p>Weekly Class Assembly – class PSHE focus</p> <p>Mexican food tasting</p> <p>Road safety – Scalby Village Visit</p> <p>Beach Visit and Lifeboat Station Visit (Summer 2) - beach safety and sun safety</p> <p>Sport Relief</p> <p>Sports' Day</p> <p>PE Curriculum</p> <p>Recognising and controlling emotions - Pantomime Visit</p>

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Year 3 Learning	
K & S	<ul style="list-style-type: none"> I can make choices about my lifestyle to improve my health and well-being and recognise that choices can have good and not so good consequences I know what are the good habits for looking after my growing body both physically and emotionally on a daily and regular basis I know the benefits of physical exercise and time outdoors <ul style="list-style-type: none"> I know how to look after my mental wellbeing through some self-care techniques e.g. relaxation, benefits of hobbies and interests etc. I can communicate my feelings to others, recognise how others show feelings and know to respond appropriately I understand what being resilient means to me and I have strategies I can use I can understand why other people are behaving as they are when they are finding change difficult <p>Taught input – Autumn 2</p>
E	<p>Weekly Whole School Assembly – PSHE/Academic Resilience focus for the week</p> <p>Weekly Celebration Assembly – based on the PSHE/Academic Resilience focus for the week</p> <p>Weekly Class Assembly – class PSHE focus</p> <p>PE Curriculum – benefits of exercise</p> <p>Balanced diet, importance of exercise Animals Including Humans Theme</p> <p>Sport Relief</p> <p>Sports' Day</p> <p>Recognising and controlling emotions - Pantomime Visit</p> <p>Sun safety Light and Dark Theme</p> <p>Resilience (sewing skills) Stories for Younger Children Theme</p> <p>Resilience (making prototypes) Christmas/Winter Cake Theme</p> <p>Resilience (making shadow puppets) Light and Dark Theme</p>

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Year 4 Learning	
K & S	<ul style="list-style-type: none"> I can identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online and have started to develop ways of counteracting the negative factors I understand what is meant by a healthy diet (including understanding calories, and nutritional content) I can make informed choices about healthy eating and exercising I understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage <ul style="list-style-type: none"> I understand a range of feelings and how these make me feel both emotionally and physically I have a range of strategies for managing and controlling strong feelings and emotions I can respond appropriately to other people's feelings I can recognise my worth as an individual and the worth of other people I understand what being resilient means to me and I have strategies I can use I can identify positive things about myself, recognise some of my mistakes and learn from them I can make some changes quickly and easily but also understand that some changes are hard and can take a long time <p>Taught input – Autumn 2</p>
E	<p>Weekly Whole School Assembly – PSHE/Academic Resilience focus for the week</p> <p>Weekly Celebration Assembly – based on the PSHE/Academic Resilience focus for the week</p> <p>Weekly Class Assembly – class PSHE focus</p> <p>Living Things Science Unit (teeth)</p> <p>Sport Relief</p> <p>Sports' Days</p> <p>PE Curriculum</p>

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Year 5 Learning	
K & S	<ul style="list-style-type: none">• I know what makes a healthy lifestyle- the benefits of exercise and healthy eating and the factors (positive and negative) that affect mental health, including having a positive self-image.• I understand the importance of good oral hygiene, including regular visits to the dentist• I know where individuals, families and groups can get help and support both on and offline <ul style="list-style-type: none">• I can deal positively with my feelings and recognise a range of emotions in others and can explain the intensity of my feelings to others• I understand what resilience is and have strategies I can use to build my own resilience• I can resolve differences, looking at alternatives, making decisions and explaining choices• I know some of the ways of dealing with the feelings that sometimes arise from changes <p>Taught input – Autumn 2</p>
E	Weekly Whole School Assembly – PSHE/Academic Resilience focus for the week Weekly Celebration Assembly – based on the PSHE/Academic Resilience focus for the week Weekly Class Assembly – class PSHE focus

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Year 6 Learning	
K & S	<ul style="list-style-type: none"> • I can manage my time to include regular exercise and self-care techniques to look after my mental and physical health such as relaxation • I can recognise opportunities to make my own choices about food, what might influence my choice and the benefits of eating a balanced diet • I understand the impact of growth and adolescence on my hygiene, good quality sleep and nutrition needs • I understand the risks associated with an inactive lifestyle, poor diet, unhealthy eating and other behaviours on my physical and mental wellbeing • I understand early signs of physical illness, such as weight loss, or unexplained changes to the body • I understand 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"> • I recognise that I may experience conflicting emotions and when I need to listen to and overcome my emotions • I have an understanding of mental ill health and how important it is for people to get early help to support them • I understand that the media can have a positive and negative effect on mental health, e.g. body image • I understand what being resilient means to me and I have strategies I can use • I know how change can impact with our feelings of belonging <p>Taught input – Autumn 2</p>
E	<p>Weekly Whole School Assembly – PSHE/Academic Resilience focus for the week</p> <p>Weekly Celebration Assembly – based on the PSHE/Academic Resilience focus for the week</p> <p>Weekly Class Assembly – class PSHE focus</p> <p>Bewerley Park residential</p> <p>Sports' Days</p> <p>PE Curriculum</p> <p>Healthy Eating Keeping Healthy Theme</p>