



# Wellbeing Curriculum 2020-2021

	<b>Jigsaw PSHE</b>	<b>Action for Happiness</b>
EYFS	<p>I understand that I need to exercise to keep my body healthy I understand how moving and resting are good for my body I know how to help myself go to sleep and understand why sleep is good for me</p> <p>I can start to recognise and manage my feelings</p> <p>I know how to make friends to stop myself from feeling lonely I can use Calm Me time to manage my feelings</p> <p>I understand that if I persevere I can tackle challenges</p> <p>I can express how I feel about moving to Year 1 I can talk about my worries and/or the things I am looking forward to about being in Year 1</p>	



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		<p><b>Overall objective:</b> Pupils can demonstrate an understanding of each Key and the actions they can take to promote their own and others' wellbeing and happiness.</p>
<p>Year 1</p>	<p>I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy I know how to make healthy lifestyle choices I understand that medicines can help me if I feel poorly and I know how to use them safely I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>I can identify obstacles which make it more difficult to achieve my new challenge and can work out how to overcome them</p> <p>I know some ways to cope with changes</p>	<p><b>All of the objectives are covered in 10 lessons in all National Curriculum year groups (Year 1 to Year 6).</b></p> <p><b>Giving: Do things for others</b> I know that I am happier when I am kind, share my talents and give my time to others.</p> <p><b>Relating: Connect with people</b> I can connect with other people by actively listening to them and being positive about what they say.</p>
<p>Year 2</p>	<p>I know what I need to keep my body healthy I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed I understand how medicines work in my body and how important it is to use them safely I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy I can decide which foods to eat to give my body energy</p> <p>I recognise when I feel worried and know who to ask for help</p> <p>I carry on trying (persevering) even when I find things difficult</p>	



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<p>Year 3</p>	<p>I understand how exercise affects my body and know why my heart and lungs are such important organs          I know that the amount of calories, fat and sugar I put into my body will affect my health          I understand how complex my body is and how important it is to take care of it</p> <p>I recognise my worth and can identify positive things about myself and my achievements          I can face new challenges positively, make responsible choices and ask for help when I need it          I understand that my actions affect myself and others and I care about other people's feelings</p> <p>identify what I am looking forward to when I move to my next class</p>	<p><b>Exercising: Take care of your body</b>          I can look after my body and mind by exercising and eating healthily.</p> <p><b>Awareness: Live life mindfully</b>          I can feel happier by taking notice and being aware of the world around me.</p>
<p>Year 4</p>	<p>I recognise how different friendship groups are formed, how I fit into them and the friends I value the most          I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke          I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol          I can recognise when people are putting me under pressure and can explain ways to resist this when I want          I know myself well enough to have a clear picture of what I believe is right and wrong</p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p> <p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively          I can identify what I am looking forward to when I move to a new class</p>	<p><b>Trying out: Keep learning new things</b>          I can choose new activities to try out and to learn new skills.</p> <p><b>Direction: Have goals to look forward to</b>          I can set achievable goals for myself.</p>



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<p>Year 5</p>	<p>I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>I understand how the media, social media and celebrity culture promotes certain body types</p> <p>I can describe the different roles food can play in people’s lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p> <p>I know how to keep building my own self esteem</p> <p>I can identify things I can do to reduce screen time, so my health isn’t affected</p>	<p><b>Resilience: Find ways to bounce back</b> I can identify and use skills to ‘bounce back’.</p> <p><b>Emotions: Look for what’s good</b> I know that I can be happier if I look for what’s good and get support when I am struggling with my feelings.</p>
<p>Year 6</p>	<p>I can take responsibility for my health and make choices that benefit my health and well-being</p> <p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>I understand what it means to be emotionally well and can explore people’s attitudes towards mental health/illness</p> <p>I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse.</p> <p>I know that it is important to take care of my mental health</p> <p>I understand that people can get problems with their mental health and that it is nothing to be ashamed of</p> <p>I know how to take care of my mental health</p> <p>I can help myself and others when worried about a mental health problem</p>	<p><b>Acceptance: Be comfortable with who you are</b> I can name my strengths and know ways in which I can be kind to myself.</p> <p><b>Meaning: Be part of something</b> I can find ways of being part of something bigger than myself (e.g. team, group, community).</p>



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	<p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.</p>	
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