



## Coulson CofE Wellbeing Themes – Summer Term

<u>Wellbeing Summer Term</u>	1.1	1.3	1.5	2.1	2.3	2.5	2.7
Whole School Theme	What does being 'healthy' mean?	What can I do to keep myself healthy?	WELLBEING WEEK	How can I manage my feelings?	MY MONEY WEEK	What happens when we grow up?	How do I manage change?
<b>Year 1</b>  Computing PE Science	about what keeping healthy means; different ways to keep healthy	<p>how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy</p> <p>that things people put into or onto their bodies can affect how they feel</p>	<p>what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing</p> <p>why hygiene is important and how simple hygiene routines can stop germs from being passed on</p> <p>how to be physically active and how much rest and sleep they should have everyday</p> <p>how to recognise, name and describe a range of feelings</p>	<p>how feelings can affect people in their bodies and their behaviour</p> <p>ways to manage big feelings and the importance of sharing their feelings with someone they trust</p>	<p>what money is - that money comes in different forms</p> <p>how money is obtained (e.g. earned, won, borrowed, presents)</p> <p>how people make choices about what to do with money, including spending and saving</p> <p>the difference between needs and wants - that people may not always be able to have the things they want</p> <p>how to keep money safe and the different ways of doing this</p>	<p>how jobs help people earn money to pay for things they need and want</p> <p>about a range of different jobs, including those done by people they know or people who work in their community</p>	<p>how to manage change when moving to a new class/year group</p>

			what helps them to feel good, or better if not feeling good				
<b>Year 2</b>	that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest	that there are different ways to learn and play; how to know when to take a break from screen-time  how sunshine helps bodies to grow and how to keep safe and well in the sun	that eating and drinking too much sugar can affect their health, including dental health  how to be physically active and how much rest and sleep they should have everyday  how to recognise, name and describe a range of feelings  what helps them to feel good, or better if not feeling good	how different things / times / experiences can bring about different feelings for different people (including loss, change and bereavement or moving on to a new class/year group)  how feelings can affect people in their bodies and their behaviour  ways to manage big feelings and the importance of sharing their feelings with someone they trust  how to recognise when they might need help with feelings and how to ask for help when they need it	how jobs help people earn money to pay for things they need and want  about a range of different jobs, including those done by people they know or people who work in their community  how people have different strengths and interests that enable them to do different jobs how people use the internet and digital devices in their jobs and everyday life	how people grow and change and how people's needs change as they grow from young to old	how to manage change when moving to a new class/year group
<b>Year 3</b>	how to eat a healthy diet and the benefits of	how to make choices about physical activity,	how to be active on a daily and weekly	how everyday things can affect feelings	how people make choices about what to do with money,	to identify jobs that they might like to do in the future	how to manage change when
Computing PE Science							
Computing							

<p>PE Science</p>	<p>nutritionally rich foods</p> <p>how not eating a balanced diet can affect health</p> <p>how regular physical activity benefits bodies and feelings</p>	<p>including what and who influences decisions</p> <p>how the lack of physical activity can affect health and wellbeing</p>	<p>basis - how to balance time online with other activities</p> <p>how lack of sleep can affect the body and mood and simple routines that support good quality sleep</p> <p>how to seek support in relation to physical activity, sleep and rest and who to talk to if they are worried</p> <p>how people make choices about what to eat and drink, including who or what influences these</p> <p>how, when and where to ask for advice and help about healthy eating and dental care</p>	<p>how feelings change over time and can be experienced at different levels of intensity</p> <p>the importance of expressing feelings and how they can be expressed in different ways</p>	<p>including spending and saving</p> <p>the difference between needs and wants - that people may not always be able to have the things they want</p> <p>how to keep money safe and the different ways of doing this</p>	<p>about the role ambition can play in achieving a future career</p> <p>how or why someone might choose a certain career</p>	<p>moving to a new class/year group</p>
<p>Year 4 Computing PE Science</p>	<p>how to eat a healthy diet and the benefits of nutritionally rich foods</p> <p>how regular physical activity</p>	<p>how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist</p>	<p>how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health</p>	<p>how to respond proportionately to, and manage, feelings in different circumstances</p> <p>ways of managing feelings at times of</p>	<p>about the role that money plays in people's lives, attitudes towards it and what influences decisions about money</p>	<p>about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams</p>	<p>how puberty can affect emotions and feelings</p> <p>how personal hygiene routines change during puberty</p>

	benefits bodies and feelings		<p>how people make choices about what to eat and drink, including who or what influences these</p> <p>how, when and where to ask for advice and help about healthy eating and dental care</p>	<p>loss, grief and change</p> <p>how to access advice and support to help manage their own or others' feelings</p>	<p>about value for money and how to judge if something is value for money</p> <p>how companies encourage customers to buy things and why it is important to be a critical consumer</p> <p>how having or not having money can impact on a person's emotions, health and wellbeing</p>		<p>how to ask for advice and support about growing and changing and puberty</p>
<p><b>Year 5</b></p> <p>Computing</p> <p>PE</p> <p>Science</p>	<p>how to eat a healthy diet and the benefits of nutritionally rich foods</p> <p>how the lack of physical activity can affect health and wellbeing</p>	<p>how medicines can contribute to health and how allergies can be managed</p> <p>that some diseases can be prevented by vaccinations and immunisations</p> <p>that bacteria and viruses can affect health</p> <p>how they can prevent the spread</p>	<p>ways to boost their mood and improve emotional wellbeing</p> <p>about the link between participating in interests, hobbies and community groups and mental wellbeing</p> <p>how sleep contributes to a healthy lifestyle</p>	<p>positive strategies for managing feelings</p> <p>that there are situations when someone may experience mixed or conflicting feelings</p> <p>how feelings can often be helpful, whilst recognising that they</p>	<p>to identify jobs that they might like to do in the future</p> <p>about the role ambition can play in achieving a future career</p> <p>how or why someone might choose a certain career</p> <p>about what might influence people's</p>	<p>to recognise some of the changes as they grow up</p> <p>identify the links between love, committed relationships and conception</p> <p>what sexual intercourse is, and how it can be one part of an intimate relationship</p>	<p>to recognise some of the changes as they grow up e.g. increasing independence</p> <p>about what being more independent might be like, including how it may feel</p>

		<p>of bacteria and viruses with <b>everyday hygiene routines</b></p> <p>to recognise the shared responsibility of keeping a clean environment</p>	<p>healthy sleep strategies and how to maintain them</p> <p><b>about the benefits of being outdoors and in the sun for physical and mental health</b></p> <p>how to manage risk in relation to sun exposure, including skin damage and heat stroke</p>	<p>sometimes need to be overcome</p> <p>to recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available</p> <p>identify where they and others can ask for help and support with mental wellbeing in and outside school</p>	<p>decisions about a job or career, including pay, working conditions, personal interests, strengths and qualities, family, values</p> <p>the importance of diversity and inclusion to promote people’s career opportunities</p> <p>about stereotyping in the workplace, its impact and how to challenge it</p> <p>that there is a variety of routes into work e.g. college, apprenticeships, university, training</p>	<p><b>between consenting adults</b></p> <p><b>how pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb</b></p> <p><b>about the responsibilities of being a parent or carer and how having a baby changes someone’s life</b></p>	
<p><b>Year 6</b></p> <p>Computing PE Science</p>	<p>how people make choices about what to eat and drink, including who or what influences these</p> <p><b>how to be active on a daily and weekly basis - how to balance time online with other activities</b></p>	<p>how they can prevent the spread of bacteria and viruses with everyday hygiene routines</p> <p>to recognise the shared responsibility of keeping a clean environment</p>	<p>that mental health is just as important as physical health and that both need looking after</p> <p>to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support</p>	<p>the importance of asking for support from a trusted adult</p> <p>about the changes that may occur in life including death, and how these can cause conflicting feelings</p> <p>that changes can mean people</p>	<p>about the role that money plays in people’s lives, attitudes towards it and what influences decisions about money</p> <p>about value for money and how to judge if something is value for money</p>	<p><b>identify the links between love, committed relationships and conception</b></p> <p><b>about the responsibilities of being a parent or carer and how having a baby changes someone’s life</b></p>	<p>about the transition to secondary school and how this may affect their feelings</p> <p>about how relationships may change as they grow up or move to secondary school</p> <p>practical strategies that can help to</p>

	<p>how lack of sleep can affect the body and mood and simple routines that support good quality sleep</p>	<p>about the benefits of being outdoors and in the sun for physical and mental health</p>	<p>how negative experiences such as being bullied or feeling lonely can affect mental wellbeing</p> <p>how balancing time online with other activities helps to maintain their health and wellbeing</p> <p>strategies to manage time spent online and foster positive habits e.g. switching phone off at night</p>	<p>experience feelings of loss or grief</p> <p>about the process of grieving and how grief can be expressed</p> <p>about strategies that can help someone cope with the feelings associated with change or loss</p> <p>to identify how to ask for help and support with loss, grief or other aspects of change</p>	<p>how companies encourage customers to buy things and why it is important to be a critical consumer</p> <p>how having or not having money can impact on a person's emotions, health and wellbeing</p> <p>about common risks associated with money, including debt, fraud and gambling</p> <p>how money can be gained or lost e.g. stolen, through scams or gambling and how these put people at financial risk</p> <p>how to get help if they are concerned about gambling or other financial risks</p>	<p>that pregnancy can be prevented with contraception</p> <p>ways in which couples show their love and commitment to one another, including those who are not married or who live apart</p> <p>what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults</p>	<p>manage times of change and transition e.g. practising the bus route to secondary school</p>