



Leopold Primary School RSE

Substantive Progression Framework 2021-2022

Physical Health and Mental Wellbeing

RSE Themes	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical Health -Physical health and fitness -Healthy eating -Health and prevention -Basic first aid	-Know the importance of regular exercise and healthy eating -Know about the importance of personal hygiene and handwashing	- Know the risks associated with an inactive lifestyle and poor diet -Know about dental health and good oral hygiene	-Know how to plan and prepare healthy meals -Know the importance of sufficient sleep for good health	-Know facts about legal and illegal substances and the associated risks -Know about safe and unsafe exposure to the sun	-Know how to recognize signs of physical illness -Know the risks of excessive time spent on electronic devices	- Know how germs, bacteria and viruses can be spread and treated -Know concepts of basic first aid and how to call emergency services
Mental Wellbeing -Mental health - Internet safety and harms -Changes in the adolescent body	-Know there is a range of feelings and emotions -Know that internet is part of life and has its benefits	-Know how to recognize and talk about emotions -Know that the internet can also be a negative place	- Know what activities are benefitting our mental wellbeing -Know the impact of online content on their own and others' mental health	-Know the importance of talking about own feelings and simple self-care techniques -Know why social media and online games are age-restricted	-Know about the impact of bullying including cyberbullying on mental wellbeing -Know how to access online resources safely and how to report concerns Know key facts about puberty and menstruation	-Know that mental health is as important as physical health -Know how to consider the effect of their online actions on others Know about physical and emotional changes during puberty