

Strand	KS1 outcomes	LKS2 outcomes	UKS2 outcomes
Mental Well Being			
	<ul style="list-style-type: none"> ● Pupils can talk about their emotions, (such as when they are happy, sad, angry or afraid) and understand when those emotions are helpful. ● Pupils can talk about how taking exercise, eating healthily, spending time outdoors and praying or reflecting can be good for their feelings 	<ul style="list-style-type: none"> ● Pupils can talk about how people can express their emotions such as anger and fear. ● Pupils can explain why feelings can affect the way people behave. Pupils can describe strategies to manage feelings so that they do not have a negative impact on others. 	<ul style="list-style-type: none"> ● Pupils can understand that keeping healthy physically and spiritually will help their mental health. ● Pupils can identify some of the worries and concerns that people might feel in school/moving to a new school. ● Pupils can identify ways in which someone can positively manage feelings such as staying/moving.
Sleep, rest and hygiene			
	<ul style="list-style-type: none"> ● Pupils can describe how to look after themselves. ● Pupils can show someone how people can clean their teeth and talk about how people can help themselves to have good sleep 	<ul style="list-style-type: none"> ● Pupils can explain why it is important to look after themselves. ● Pupils can demonstrate how to look after their teeth and their skin in the sun; can explain why this is important and what happens if people do not do this. 	<ul style="list-style-type: none"> ● Pupils can explain why good sleep and rest are important and what the effects of not getting enough sleep can be. ● Pupils can talk about how to practise personal hygiene and can explain why it can be anti-social not to do so.
Healthy eating			
	<ul style="list-style-type: none"> ● Pupils can identify and list many healthy and less healthy foods. 	<ul style="list-style-type: none"> ● Pupils can plan a healthy diet and describe the dangers of an unhealthy one. 	<ul style="list-style-type: none"> ● Pupils can work within a small group to plan and make a healthy meal for themselves to eat
Spiritual practices			

	<ul style="list-style-type: none"> Pupils will have observed/ experienced/participated in some calming reflection time. 	<ul style="list-style-type: none"> Pupils can identify which is their favourite type of calming reflection time and engage positively in others 	<ul style="list-style-type: none"> Pupils can explain why having some sort of spiritual practice may improve physical, emotional and mental health.
Exercise			
	<ul style="list-style-type: none"> Pupils can name and talk about different kinds of exercise. 	<ul style="list-style-type: none"> Pupils can describe different kinds of exercise, the impact on people's bodies and explain why exercise is good for your health. 	<ul style="list-style-type: none"> Pupils can organise and deliver exercise sessions and activities to younger pupils that are good for their health and wellbeing.
Internet Safety and Harms			
	<ul style="list-style-type: none"> Pupils can list some of the ways that screens improve their lives. Pupils can list some rules about the limits for using screens that can keep people healthy. Pupils can identify how people use 'masks' online to be nasty and who to ask for help. Pupils can list what information should or should not be shared. 	<ul style="list-style-type: none"> Pupils can explain how to make wise choices online and why limiting screen time is a good idea. 	<ul style="list-style-type: none"> Pupils can show understanding of the different ways that people use the internet for bad purposes and outline how to avoid harm.
Drugs, Alcohol and Tobacco			
	<ul style="list-style-type: none"> Pupils learn about the things that go into and onto bodies and how this can make people feel Pupils learn about medicines and the people who help them to stay healthy Pupils learn rules about keeping safe around medicines and other household products 	<ul style="list-style-type: none"> Pupils learn about the safe use of medicines and household products Pupils learn that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health 	<ul style="list-style-type: none"> Pupils learn how the correct use of medicines, and how vaccinations and immunisations, can help to maintain health and wellbeing Pupils learn about some of the risks and effects of (legal and illegal) drug use Pupils learn about the reasons why people use drugs; managing situations and peer influence

			<ul style="list-style-type: none"> ● Pupils learn that mixed messages about drugs use in the media exist and that these can influence opinions and decisions
Basic First Aid			
	<ul style="list-style-type: none"> ● Pupils can talk about what to do if there is an accident and someone is hurt, how to get help in an emergency (how to dial 999 and what to say). ● Pupils can talk about what kindness and coping mean and identify some coping skills. ● Pupils focus on asthma attacks and burns. 	<ul style="list-style-type: none"> ● Pupils learn about giving first aid and the work of the Red Cross. ● Pupils discuss how to spot the danger, how and when to help and learn some key factors related to the decision making process. ● Pupils focus on bleeding and head injuries. 	<ul style="list-style-type: none"> ● Pupils grapple with why first aid is important and the decision to give first aid. ● Pupils learn about emotions and comforting others and practise sharing words of comfort. ● Pupils focus on broken bones, choking, unresponsiveness and breathing.
Changing Adolescent Body			
	<ul style="list-style-type: none"> ● Pupils can recognise parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva. ● Pupils are taught to respect their bodies and understand which parts are private. 	<ul style="list-style-type: none"> ● Pupils can talk about puberty and how it affects girls and boys, particularly the emotional and physical changes including menstruation; about key facts about the menstrual cycle, menstrual wellbeing and wet dreams. 	<ul style="list-style-type: none"> ● Pupils can identify the external genitalia and internal reproductive organs in males and females and explain how the process of puberty relates to human reproduction.
Being Safe			
	<ul style="list-style-type: none"> ● Pupils can talk about how their bodies belong to them, are incredibly special and should be protected. 	<ul style="list-style-type: none"> ● Pupils can explain what right and wrong touching is and can show an understanding of what is appropriate behaviour in private and in public. 	<ul style="list-style-type: none"> ● Pupils can explain what a bad secret is like and how to get help.

	<ul style="list-style-type: none"> ● Pupils can identify what is safe and unsafe touching. ● Pupils can describe why it is wrong to keep bad secrets and that people should not ask us to do that. ● Pupils will be able to explain how someone can tell a trusted adult if they feel unsafe. 		
Key Theology			
	<ul style="list-style-type: none"> ● Pupils will be able to show an understanding of key Christian teachings about how they are of great value and worth: “You are fearfully and wonderfully made” (Psalm 139) and “God saw that it was very good” (Genesis 1). ● Pupils can make a link between these teachings and how people can regard, celebrate and protect their bodies, minds and souls. 	<ul style="list-style-type: none"> ● Pupils will be able to explain the Christian belief about how humans are made in the image of God (Genesis 1:27); how it may be interpreted and lived out in people’s regard for themselves and enjoyment of living in their bodies. 	<ul style="list-style-type: none"> ● Pupils will be able to explain the Christian concept of stewardship: that humans have been given a gift that they should take care of and how that might affect the way that Christians look after their own bodies and minds.