

# Intent: PSHE – Physical Health and Mental Wellbeing

Our school aim:

***“Inspiring children to create a better world”***

Matthew 5:13-15 “You are the salt of the earth...you are the light of the world.”

Our overarching School Vision is achieved through four aims:

Generosity of Spirit

Service to Others

Commitment to Excellence

Meaning, purpose and fulfillment of life

The curriculum is designed with our pupils and the Holmer community in mind.

It enables children to access and enhance their understanding of their home, their city and the wider community, developing their cultural capital and giving them opportunities and choices about their future and their impact as they progress through their school career and beyond.

This will help them become successful members of modern British society, preparing them for the challenges and opportunities.

## Curriculum statements

EYFS: “Children have an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. They can manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices”

KS1: “Children understand about what keeping healthy means and can describe different ways to keep physically healthy. Children understand that they will experience a range of feelings and show a developing understanding of how to manage them and what they can do to make themselves feel better”

KS2: “Children know how to make informed decisions about health including diet, exercise, sleep, oral hygiene, medicines and time spent online. Children know that emotions change, can have a range of intensity and are able to use different strategies to try and control them. Children understand that looking after your mental health is as important as physical health and can use a range of approaches to help it”

## Implementation

What will be made, produced, performed, or published?

Children will participate in a sequence of lessons. They will develop their speaking and listening skills and a better understanding of their own learning potential. Resulting in a clear demonstration of an awareness of how to keep physically and mentally healthy.

## **Impact**

### **What knowledge will the children have embedded?**

You need a healthy balanced diet to stay healthy.

Exercise helps keep you healthy.

Medicines help us when we don't feel well.

You should brush your teeth twice a day and visit the dentist regularly.

A good amount of sleep is important for physical and mental health.

Our bodies change as we get older so will our hygiene routines.

We have a range of emotions and there are a range of strategies to help deal with them.

Some of the ways we can help our mental wellbeing by exercising, mindfulness, talking to others and getting enough sleep.

### **What retention may be demonstrated?**

Here are some example questions that may be used to assess children's understanding.

- ✓ EYFS: What can I do if I am feeling sad?
- ✓ KS1: What does a healthy meal look like? Why do we look after our teeth?
- ✓ KS2: How can we look after our mental wellbeing? Why is exercise important?

#### **Cultural Capital**

- Children may demonstrate an understanding of different cultural ideas, individual aspirations and beliefs.
- Children may develop empathy with people who are suffering or from different socio-economic backgrounds.
- Children will develop awareness of others aspirations, they may develop knowledge of pioneers who have an impact on the world.

#### **British Values:**

- ✓ Individual liberty
- ✓ Democracy
- ✓ The Rule of Law
- ✓ Mutual respect and Tolerance of different faiths & beliefs