



Wellbeing Intent: The most important thing in life is looking after ourselves and each other. At Elmbridge we encourage our pupils to be confident and independent, enabling them to flourish so they can go through life forming positive and meaningful relationships, showing compassion and respect for others. Through their wellbeing education they will understand that their mental and physical health are of equal importance and learn about life choices; the resilience we nurture in them will enable them to face life's challenges and live happy and healthy lives.

	Being Me in My World	Celebrating Difference	Healthy Me	Healthy Me	Relationships	Dreams and Goals
<p>Rec</p> <p>Green= taught continuously throughout the year</p> <p>Black= Taught discretely in 'Wellbeing'</p>	<ul style="list-style-type: none"> Know special things about themselves See themselves as a valuable individual Know what a family is Know some of the 5W2W and how to use them Identify feelings associated with belonging Know how happiness and sadness can be expressed Identify feelings of happiness and sadness Recognise what being angry feels like Know some reasons why others get angry Recognise different emotions Develop skills to play cooperatively with others Be able to consider others' feelings Know that hands can be used kindly and unkindly 	<ul style="list-style-type: none"> Know what being unique means Recognise similarities and differences between their family and other families Know that people have different homes and why they are important to them Know that some people are different from themselves Identify some ways they can be different and the same as others Know that people can be good at different things Identify things they are good at Know what being proud means and 	<ul style="list-style-type: none"> Know what the word 'healthy' means Explain some things that they need to do to keep healthy Know that they need to exercise to keep healthy Recognise how exercise makes them feel (F4L) Recognise how different foods can make them feel (F4L) Give examples of healthy food Know how to help themselves go to sleep and that sleep is good for them Explain how they might feel if they don't get enough sleep 	<ul style="list-style-type: none"> Know the names and functions of some parts of the body Know and talk about good personal hygiene (inc oral hygiene) Know who to talk to if they are feeling worried Know that sharing how they feel can help solve a worry Know that remembering happy times can help us move on Know what to do if they get lost Know how to say 'No' to strangers Explain what to do if a stranger approaches them 	<ul style="list-style-type: none"> Know some of the characteristics of healthy and safe friendship Know different ways of making friends Know why having friends is important and that they don't have to be 'the same as' to be a friend Know that friends sometimes fall out Use different ways to mend a friendship Suggest ways to help someone who is lonely Recognise how kind words can encourage people Know who to talk to if they need support Understand how to be a safe pedestrian 	<ul style="list-style-type: none"> Know that we grow from baby to adult Identify how they have changed from a baby Say what might change for them they get older Can identify what responsibilities they have in their family and those carried out by parents/carers and siblings Know how their responsibilities change as they get older Be confident to try new activities Understand that challenges can be difficult Know that it is important to keep trying (resilience)

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



	<ul style="list-style-type: none"> • Know they have a right to learn and play, safely and happily • Be responsible at school • Explain the reasons for rules, know right from wrong • Know some calming strategies to use when feeling angry or upset • Know who to talk to if they need support 	<p>that people can be proud of different things</p> <ul style="list-style-type: none"> • Identify and use skills to stand up for themselves • Know that being kind is good • Know that unkind words can never be taken back and they can hurt 	<p>Understand the effect of 'screen time' on their sleep</p> <ul style="list-style-type: none"> • Know when and how to wash their hands properly • Know how to stay safe in the sun • Know who to talk to if they need support 	<ul style="list-style-type: none"> • Know that all household products, including medicines, can be harmful if not used properly 		<ul style="list-style-type: none"> • Show perseverance in the face of challenge • Know how to set goals and work towards them • Know when they have achieved a goal • Celebrate success • Know some jobs that they might like to do when they are older • Know that they must work hard now in order to be able to achieve the job they want to do • Say how they feel about changing class/ growing up • Recognise that changing class can illicit happy and/or sad emotions • Identify positive memories from the past year in school/ home
Year 1	<ul style="list-style-type: none"> • Recognise feelings • Name the 5 Ways to Wellbeing (5W2W) and know how to follow them • Know that I belong in my class • Understand the role of Elmbridge School Council 	<ul style="list-style-type: none"> • Identify similarities between people in my class • Identify differences between people in my class • Tell you what bullying is 	<ul style="list-style-type: none"> • Start to understand the life cycles of animals and humans • Tell you some things about me that have changed and some things 	<ul style="list-style-type: none"> • Know how to make healthy lifestyle choices • Know how to keep myself clean, healthy and safe 	<ul style="list-style-type: none"> • Identify the members of my family and understand that there are different types of families • Identify what being a good 	<ul style="list-style-type: none"> • Know that we have choices about saving and spending money • Know that my needs and wants may be different to those of other people • Set a simple goal

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



	<ul style="list-style-type: none"> Recognise the choices I make and understand the consequences Understand the rights and responsibilities within our school rules 	<ul style="list-style-type: none"> Know some people I could talk to if I was feeling unhappy or being bullied Know how to make new friends Tell you some ways I am different from my friends and understand these differences make us special and unique 	<p>about me that have stayed the same</p> <ul style="list-style-type: none"> Understand that what is inside our pants is private and belongs only to us Identify the parts of the body that are different for boys and girls and use the correct names for these Understand ways to keep myself safe Tell you about changes that have happened in my life 	<ul style="list-style-type: none"> Know how to use medicines safely Know how to cross the road safely Identify ways to keep my body healthy and safe Know how to keep myself safe in the sun 	<p>friend makes to me</p> <ul style="list-style-type: none"> Know appropriate ways of physical contact to greet my friends and know which ways I prefer Know who can help me in my school community Recognise my qualities as a person and a friend Tell you why I appreciate someone who is special to me 	<ul style="list-style-type: none"> Tackle a new challenge and identify how I feel Identify obstacles which make it more difficult to achieve my new challenge and work out how to overcome them Tell you how I felt when I succeeded in a new challenge
Year 2	<ul style="list-style-type: none"> Name the 5W2W and plan to use them in our days Understand how practising the 5W2W can make us feel Learn about the brain and how to keep it healthy using the 5W2W Understand the rights and responsibilities of being a member of my class and school Understand democracy 	<ul style="list-style-type: none"> Start to understand that sometimes people make assumptions about boys and girls (stereotypes) Understand that bullying is sometimes about difference Recognise what is right and wrong and know 	<ul style="list-style-type: none"> Talk about the natural process of growing from young to old Recognise the physical differences between boys and girls and use the correct names for parts of the body Understand there are different types of touch 	<ul style="list-style-type: none"> Know what I need to keep my body healthy Know what relaxed means and know some things that make me feel relaxed Understand how medicines work in my body and how 	<ul style="list-style-type: none"> Identify the different members of my family and accept that everyone's family is different Understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not 	<ul style="list-style-type: none"> know money comes from different places e.g. earning, winning, borrowing, being given Know that there are ways of keeping track of my money and what I spend Know I can keep money in different places and that some places are safer than others

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



	<ul style="list-style-type: none"> Understand how following the school rules will help me and others learn Recognise the choices I make and understand the consequences 	<p>how to look after myself</p> <ul style="list-style-type: none"> Understand that it is okay to be different from other people and to be friends with them Tell you some ways in which I am different from my friends and understand that these differences make us special and unique 	<p>and tell you which ones I like and don't like</p> <ul style="list-style-type: none"> Know what makes a good environment for sleeping Talk about bedtime routines Suggest how to help people to fall asleep 	<p>to use them safely</p> <ul style="list-style-type: none"> Describe a healthy snack Decide which foods to eat to give my body energy Know how to call for help in an emergency and keep myself safe 	<ul style="list-style-type: none"> Identify some of the things that cause conflict with my friends and know some problem solving techniques Know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this Recognise and appreciate people who can help me in my family, my school and my community Express my appreciation for the people in my special relationships 	<ul style="list-style-type: none"> Choose a realistic goal and think about how to achieve it Persevere even when I find tasks difficult Know how to share success with other people
Year 3	<ul style="list-style-type: none"> Understand why, and when, we need the 5W2W Know where we can access the 5W2W around school Understand why rules are needed and how they relate to rights and responsibilities 	<ul style="list-style-type: none"> Understand that everybody's family is different and important to them Understand that differences and conflicts sometimes 	<ul style="list-style-type: none"> Understand how babies grow and develop in the mother's uterus and what a baby needs to grow Understand how bodies change on the outside when growing up 	<ul style="list-style-type: none"> Know that the amount of calories, fat and sugar I put into my body will affect my health Tell you what I know about and how I feel towards drugs 	<ul style="list-style-type: none"> Identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females Know how to negotiate with 	<ul style="list-style-type: none"> Keep my money safe and know different ways of keeping track of my money Decide what to do with my money and know that I have a choice to borrow Tell you about a person who has

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



	<ul style="list-style-type: none"> • Know what democracy looks like at Elmbridge Primary School and in our local community • Understand that my behaviour brings rewards/consequences • Understand my actions affect others and try to see things from their point of view 	<p>happen among family members</p> <ul style="list-style-type: none"> • Know what it means to be a witness to bullying • Know that witnesses can make the situation better or worse depending on what they do • Recognise that some words are used in hurtful ways • Tell you about a time when my words affected someone's feelings and what the consequences were 	<ul style="list-style-type: none"> • Start to recognise stereotypical ideas about family roles • Know about dental health and the benefits of good oral hygiene • Understand how to prevent the spread of infection through good personal hygiene practices • Understand how our body fights infection 	<ul style="list-style-type: none"> • Identify when and how to keep myself safe • Identify when something feels safe or unsafe • Know some situations where first aid may be needed • Know how to give first aid when someone is bleeding • Know how and why to keep safe in the sun 	<p>friends in conflict situations to try to find a solution</p> <ul style="list-style-type: none"> • Know how to express my appreciation to my friends and family • Know what mental health and mental illness is and compare to physical health • Understand healthy minds and healthy brains and how to find support • Know what happens when you become unwell and to know language associated with mental health 	<p>faced difficult challenges and achieved success</p> <ul style="list-style-type: none"> • Identify a dream or ambition that is important to me • Be motivated and enthusiastic about achieving a new challenge • Evaluate my own learning process and identify how it can be better next time
Year 4	<ul style="list-style-type: none"> • Help others that feel low by connecting and being active • Know how good it feels to be included in a group and understand how it feels to be excluded • Know what democracy looks like in our local community 	<ul style="list-style-type: none"> • Understand that, sometimes, we make assumptions based on what people look like • Understand what influences me to make assumptions 	<ul style="list-style-type: none"> • Understand that some of my characteristics have come from my birth parents • Know that menstruation is a natural part of how a girl's body changes 	<ul style="list-style-type: none"> • Understand how different friendships are formed • Understand different roles in a group and know the role I take on in different situations 	<ul style="list-style-type: none"> • Recognise situations which can cause jealousy in relationships • Identify someone I love and express why they are special to me 	<ul style="list-style-type: none"> • Understand that we all have mental health and to explore some mental health disorders • Explore support for mental health and know language associated with mental health

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



	<ul style="list-style-type: none"> • Understand who is in my school community, the roles they play and how I fit in • Understand how democracy and having a voice benefits the school community 	<p>based on how people look</p> <ul style="list-style-type: none"> • Know that sometimes bullying is hard to spot and to know what to do if I think bullying is going on but I'm not sure • Tell you why witnesses sometimes join in with bullying and sometimes don't tell • Identify what is special about me and to value the ways in which I am unique • Tell you a time when my first impression of someone changed when I got to know them and explain why it is good to accept people for who they are 	<ul style="list-style-type: none"> • Identify changes that are in and out of my control • Understand the characteristics and mental and physical benefits of an active lifestyle • Understand how different people have different physical needs in order to stay healthy • Research a focus illness and understand how living a healthy lifestyle helps minimise the risk of illness 	<ul style="list-style-type: none"> • Understand the facts about smoking and its effect on health • Understand the facts about alcohol and its effect on health • Recognise when people are putting me under pressure and explain ways to resist this when I want • Know how to provide first aid for a head injury • Consider how to help others 	<ul style="list-style-type: none"> • Tell you about someone I no longer see • Recognise how friendships change, how to stand up for myself and how to negotiate and compromise • Know how to show love and appreciation to the people and animals who are special to me • Understand consent, the importance of gaining and giving consent and know that consent can be withdrawn at any time 	<ul style="list-style-type: none"> • Challenge stigma and discrimination • Tell you about some of my hopes and dreams • Know that reflecting on positive and happy experiences can help me to counteract disappointment • Know how to work out the steps to take to achieve a goal and identify contributions made by myself and others • Know that different forms of money are used in other countries and carry out simple calculations based on exchange rates (maths)
--	---	---	---	---	---	---

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



<p>Year 5</p>	<ul style="list-style-type: none"> Consider when to use the 5W2W Create a weekly wellbeing plan Understand my rights and responsibilities as a citizen of my country. Empathise with people whose lives are different to my own Know about our national government Ask questions to our local MP Understand how the school rules at Elmbridge Primary School benefit the school community 	<ul style="list-style-type: none"> Understand that cultural differences sometimes cause conflict Understand what racism is Understand how rumour-spreading and name-calling can be bullying behaviour Explain the difference between direct and indirect types of bullying Compare my life with people in the developing world and appreciate the value of happiness regardless of material wealth Understand a different culture from my own and respect my own and other people's year group 	<ul style="list-style-type: none"> Understand appearance ideals and how to change the pressures these can cause Understand how media can promote appearance ideals and ways to challenge these Know and understand the physical changes that take place during puberty and why they happen Understand that emotional as well as physical changes happen at different rates for different people Consider new aspects of personal hygiene relevant to puberty Understand genetic inheritance 	<ul style="list-style-type: none"> Know the health risks of smoking Know some of the risks of misusing alcohol including anti-social behaviour Know basic emergency first aid procedures (including recovery position) Know how to provide first aid for choking Identify feelings people may have in first aid situations 	<ul style="list-style-type: none"> Define resilience and understand about negative, unhelpful thoughts Explore and develop qualities that can contribute to building resilience Understand that sometimes we need the help of others Understand what dementia is and how people living with dementia might feel Explore the needs of people living with dementia Explore ways we may be able to minimise the risk, or delay the onset, of dementia 	<ul style="list-style-type: none"> Define mediation and practise active listening skills Practise holding a peer mediation session Gain understanding of how to help a person who is mentally ill Identify gaps in knowledge and understanding of mental health Understand that I will need money to help me achieve some of my dreams and identify what I would like my life to be like when I am an adult Know about a range of jobs carried out by people I know and explore how much people earn in different jobs
---------------	--	--	---	---	--	--

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



Progression of Objectives: Wellbeing

September 2022

<p>Year 6</p>	<ul style="list-style-type: none"> • Know what happens to our brains when we have different emotions • Understand that my actions affect other people locally and globally • Know about our national government • Know about leaders and governments across the world • Understand why our school rules benefit our school community 	<ul style="list-style-type: none"> • Understand there are different perceptions about what normal means and empathise with people who are different • Understand how being different could affect someone's life • Explain some of the ways in which one person or a group can have power over another • Know some of the reasons why people use bullying behaviours • Give examples of people with disabilities who live amazing lives and appreciate people for who they are • Explain ways in which difference can be a source 	<ul style="list-style-type: none"> • Know strategies to respond more positively to comparisons • Understand body talk and the impact it can have on self-esteem • Celebrate individuality • Explain how bodies change during puberty and understand the importance of looking after myself physically and emotionally • Know myself well enough to maintain positive relationships with others whilst still keeping my own identity • Know the risks associated with an inactive lifestyle and unhealthy eating 	<ul style="list-style-type: none"> • Take responsibility for my health and make choices that benefit my health and wellbeing • Know about the different types of drugs and their uses and effects on the body • Understand that some people can be exploited and made to do things that are against the law • Know why some people join gangs and the risks this involves • Understand what it means to be emotionally well and explore people's attitudes towards 	<ul style="list-style-type: none"> • Understand what makes a good environment for sleeping • Know what makes a good bedtime routine • Generate ideas to support others to create a good bedtime routine • Understand that there are different stages of grief and that there are different types of loss • Recognise when people are trying to gain power or control and to demonstrate ways that I could stand up for myself • Understand TAX and what the money is spent on 	<ul style="list-style-type: none"> • Explore facts and figures associated with mental health and explore how mental health is portrayed in the media • Consider what we need to stay mentally and emotionally well • Appreciate the impact of mental ill health and identify strengths and coping skills • Tell you how I feel about starting a new school and have some strategies to help • Find out about my new school
---------------	---	---	---	---	---	---

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.



Progression of Objectives: Wellbeing

September 2022

		of conflict and a cause for celebration		mental health/illness <ul style="list-style-type: none">• Recognise stress and the triggers that cause drug and alcohol misuse		
--	--	---	--	--	--	--

Ready, Respectful, Safe

Internet safety and harms and online relationships objectives are taught within computing curriculum and timetable.