

Curriculum Tracker - Introductory Set

INTRODUCTORY SET - Main RSHE objectives covered				
WEEK 1 Look Inside	WEEK 2 Move Outside	WEEK 3 Share More	WEEK 4 Be Curious	WEEK 5 Be Kind
<p>Mental Wellbeing 1 (this is an overarching objective linked to all the 5 Keys to Happiness) By the end of primary school pupils should know: that mental wellbeing is a normal part of daily life, in the same way as physical health</p>				
<p>Mental Wellbeing 3 By the end of primary school pupils should know: how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	<p>Physical Health and Fitness 2 By the end of primary school pupils should know: <u>the importance of building regular exercise into daily and weekly routines and how to achieve this</u>; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise <i>(only underlined sections covered in this lesson).</i></p>	<p>Respectful Relationships 2 By the end of primary school pupils should know: practical steps they can take in a range of different contexts to improve or support respectful relationships.</p>	<p>Mental Wellbeing 6 By the end of primary school pupils should know: <u>simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</u> <i>(only underlined sections covered in this lesson)</i></p>	<p>Respectful Relationships 4: By the end of primary school pupils should know: the importance of self-respect and how this links to their own happiness.</p>
<p>Mental Wellbeing 9 By the end of primary school pupils should know: where and how to seek support (including recognising the triggers for seeking support), including <u>whom in school they should speak to if they are worried about their own or someone else's mental wellbeing</u> or ability to control their emotions <i>(only underlined sections covered in this lesson)</i></p>				

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INTRODUCTORY SET - Learning Outcomes				
Week	Topic	KEY STAGE 1	LOWER KEY STAGE 2	UPPER KEY STAGE 2
1	The Look Inside Key	➤ I can name people who I trust to help me.	➤ I can identify a network of people who I trust to help me.	➤ I can consider the most important people I trust to help me.
2	The Move Outside Key	➤ I can list games that will help me to be more active.	➤ I can give examples of different ways to be more active.	➤ I can challenge myself to try new ways to be more active.
3	The Share More Key	➤ I can say what I will do to be a good classmate.	➤ I can identify ways to be a good classmate.	➤ I can evaluate the importance of being a good classmate.
4	The Be Curious Key	➤ I can show a 'have-a-go' attitude.	➤ I can show a 'have-a-go' attitude.	➤ I can show a 'have-a-go' attitude.
5	The Be Kind Key	➤ I can say why I am proud of myself.	➤ I can identify different things I am proud of about myself.	➤ I can choose the things I am most proud of about myself.