

5 November 2025

Dear Parents/Carers

In Autumn 2 your child will begin the 'Health and Wellbeing parts of the PSHE /RSE curriculum. Below is an outline of each group's objectives and the key vocabulary they will be using/exposed to in those sessions.

Year 1 & 2 Health and Wellbeing sequence of lessons

- To describe and understand their feelings and develop strategies to manage these
- To understand their strengths and set themselves achievable goals
- To identify strategies to overcome barriers and manage difficult emotions
- To understand the benefits of physical activity
- To use breathing exercises to relax
- To understand what it means to have a healthy diet
- To understand how to look after our teeth

Year 1 & 2 Health and Wellbeing vocabulary

allergy	emotions	feelings	strengths	ill
sun cream	burn	germs	routine	allergic reaction
qualities	relax	diet	exercise	goal
growth mindset	healthy	physical activity	skill	

Year 3 & 4 Health and Wellbeing sequence of lessons

- To recap ground rules for PSHE and recap previous learning
- To understand and plan for a healthy lifestyle including physical activity, rest and diet
- To understand how we can look after our teeth
- To understand what relaxation feels like and use relaxation techniques
- To identify my own strengths and begin to see how they can affect to others
- To break down barriers into smaller, achievable goals

- To understand a range of emotions
- To recognize when to give consent
- To begin to understand what mental health is and who can help if needed

Year 3 & 4 Health and Wellbeing vocabulary

alone	balance	barriers	belonging	identify
lonely	resilience	boundaries	diet	visualise
fluoride	mental health	negative emotions	positive emotions	physical health
energy	strategy	exercise	healthy	consent
permission				

Year 5 & 6 Health and Wellbeing sequence of lessons

- To explore mindfulness techniques as a way to manage emotions
- To identify long term goals and plan how to work towards them
- To understand and plan for a healthy lifestyle
- To understand the potential impact of technology on physical and mental health
- To reflect on skills that they have developed to identify and respond to difficult situations
- To understand ways that we help prevent ourselves and others becoming ill
- To consider how we know that we may be unwell and how to seek support
- To understand how habits can be good or bad for our health

Year 5 & 6 Health and Wellbeing vocabulary

fail	protect	responsibility	steps	assertive
aggressive	passive	antibodies	habit	vaccination
growth mindset	qualities	responsibility	skill	meditation
succeed	overcome	portion	serving	obesity
calories	food group	recommended daily intake	skin cancer	UV rays

Your child may come home and share their learning with you or ask questions on what they have learnt. I hope that the information that you have been provided with is useful in understanding on what your child will be learning in the next half term.

If you have any further questions, please contact your child's class teacher.

Yours faithfully

K. Smith

Kadie Smith
PSHE Lead