Wellbeing Curriculum for KS2 (Primary) Mapping

This resource captures opportunities to learn key aspects of the physical education and PSHE national curricula, the relationship and sex education (RSE) and health education policy and satisfies significant aspects of Ofsted's personal development strand of inspection. Highlights are as follows (note this list is not exhaustive):

Aspect of Physical Education national curriculum 2014:	Main places of coverage in this resource:
Purpose:	
Inspire all pupils to succeed and excel in competitive sport and other physically demanding activities	L1 motivated for more; L10 believing in yourself; L12 together everyone achieves more
Opportunities to become physically confident [and] support health and fitness	L2 understanding happiness; L3 benefits of being active;
Build character and help embed values such as fairness and respect	L5 showing empathy; L6 building a wheel of wellbeing; L10 believing in yourself; L12 together everyone achieves more
Aims:	
1. Develop competence to excel in a broad range of physical activities	Not directly covered but part of homework tasks
2. Are physically active for sustained periods of time	Not directly covered but part of homework tasks
3. Engage in competitive sports and activities	Not directly covered but part of homework tasks
4. Lead healthy, active lives	L1 motivated for more; L2 understanding happiness; L3 benefits of being active; L4 taking care of your mental health; L5 showing empathy; L6 building a wheel of wellbeing; L7 mindfulness; L8 eating well; L9 sleeping to success; L12 together everyone achieves more

Aspect of Relationships Education (RSE) Primary 2020 curriculum covered:	Main places of coverage in this resource:
1. Families – love, security, stability, commitment, care, respecting differences and happiness	L4 taking care of your mental health; L11 being present

2. Caring friendships – feeling happy and secure; mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, inclusion and managing conflict	L1 motivated for more; L5 showing empathy; L6 building a wheel of wellbeing; L11 being present; L12 together everyone achieves more
3. Respectful relationships – courtesy, manners, self-respect, bullying, stereotypes and permission seeking	L2 understanding happiness; L4 taking care of your mental health; L5 showing empathy; L10 believing in yourself; L12 together everyone achieves more
4. Online relationships – respect for others, principles for keeping safe, recognising risk, harm and awareness of data sharing	Not directly covered but part of homework tasks
5. Being safe – boundaries, privacy, appropriate contact, asking for advice, seeking support and reporting concerns	Not directly covered but part of homework tasks

Aspect of Physical health and mental wellbeing Primary 2020 curriculum:	Main places of coverage in this resource:
1. Mental wellbeing – normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness); benefits of exercise, time outdoors and voluntary service on happiness; simple self-care techniques; isolation and loneliness; bullying; seeking support and mental ill health	L1 motivated for more; L2 understanding happiness; L3 benefits of being active; L4 taking care of your mental health; L5 showing empathy; ; L6 building a wheel of wellbeing; L7 mindfulness; L10 believing in yourself; L11 being present; L12 together everyone achieves more
2. Internet safety and harms – benefits of rationing time spent online; considering online actions and respectful behaviour; age restrictions on social media and games; risks of internet use; how to report concerns	L11 being present
3. Physical health and fitness – characteristics of mental and physical benefits of an active lifestyle; importance of regular exercise routines; risks associated with inactivity; how to seek help	L1 motivated for more; L2 understanding happiness; L3 benefits of being active; L4 taking care of your mental health
4. Healthy eating – what constitutes a healthy diet; principles of preparing healthy meals and characteristics of a poor diet including associated health risks	L8 eating well
5. Drugs, alcohol and tobacco	Not directly covered but part of homework tasks
6. Health and prevention – recognising early signs of physical illness; importance of sleep; dental health; personal hygiene and inoculation	L3 benefits of being active; L6 building a wheel of wellbeing; ; L7 mindfulness; L8 eating well; ; L9 sleeping to success
7. Basic first aid – treatment for common injuries; calling emergency services	Not directly covered but part of homework tasks
8. Changing adolescent body – puberty and menstrual wellbeing	Not directly covered but part of homework tasks

Aspect of Ofsted's Education Inspection Framework 2019:	Main places of coverage in this resource:
Quality of education – 3I's, curriculum flexibility, narrowing and cultural capital "equipping pupils with the knowledge and cultural capital they need to succeed in life… to be educated citizens, introduced to the best that has been thought and said and helping to engender an appreciation of human creativity and achievement" (p43)	L1 motivated for more; L2 understanding happiness; L3 benefits of being active; L4 taking care of your mental wellbeing; L5 showing empathy; L6 building a wheel of wellbeing; L10 believing in yourself; L11 being present; L12 together everyone achieves more
Behaviour and attitudes – motivation and positive attitudes to learning; positive and respectful school culture; "an environment in which pupils feel safe, and in which bullying, discrimination and peer-on-peer abuse – online or offline – are not accepted"	L1 motivated for more; L2 understanding happiness; L3 benefits of being active; L4 taking care of your mental wellbeing; L5 showing empathy; L6 building a wheel of wellbeing; L10 believing in yourself; L11 being present; L12 together everyone achieves more
Personal development – extend beyond academic, technical or vocational (p58):	
1. Develop responsible, respectful and active citizens	L1 motivated for more
2. Develop and deepen understanding of fundamental British values	L6 building a wheel of wellbeing
3. Promote equity of opportunity	Not directly covered
4. Promote inclusive environment	Not directly covered
5. Develop pupils' character (set of positive personal traits, dispositions and virtues that inform their motivation and guide conduct) to flourish in society	L1 motivated for more; L4 taking care of your mental wellbeing; L5 showing empathy; L6 building a wheel of wellbeing; L10 believing in yourself; L11 being present
6. Develop confidence, resilience and knowledge to keep mentally healthy	L1 motivated for more; L2 understanding happiness; L3 benefits of being active; L4 taking care of your mental wellbeing; L5 showing empathy; L6 building a wheel of wellbeing; L10 believing in yourself; L11 being present
7. Recognise online and offline risks to wellbeing	L11 being present
8. Recognise dangers of inappropriate use of mobile technology and social media	L11 being present
9. Develop understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle	L1 motivated for more; L2 understanding happiness; L3 benefits of being active; L4 taking care of your mental wellbeing; L5 showing empathy; L6 building a wheel of wellbeing; L10 believing in yourself; L11 being present; L12 together everyone achieves more
10. Develop understanding of age-appropriate healthy relationships	L5 showing empathy; L11 being present
11. Careers guidance	Not directly covered

12. Support readiness for next phase of education	L1 motivated for more; L6 building a wheel of wellbeing; L10 believing in yourself; L12 together everyone achieves more
13. Spiritual, moral, social and cultural development (p59-61)	L6 building a wheel of wellbeing; L10 believing in yourself; L12 together everyone achieves more
Leadership and management – high expectations, engage with parents and safeguarding	Not directly covered