

Whiteheath Junior School

Safeguarding, pupil mental health and wellbeing within our curriculum (2025 – 2026)

	Year 3	Year 4	Year 5	Year 6
Whole Class Reading	Keeping Healthy Internet Safety	Black History International Women Mental Health		Drugs and Alcohol Civil Rights Resilience
Science	Movement and Feeding Understand animals, including humans, need the right types and amounts of nutrition Know the effects of malnutrition Work collaboratively	Dangers to Living Things Recognise environments can change and explain how this can pose dangers to living things Suggest ways humans can help support the environment	Life Cycles Describe the life cycle of a human	Our Bodies Describe the functions of the heart Explain the impact of diet, exercise, drugs and lifestyle on bodies Evolution and Inheritance Recognise that living things have changed over time Recognise that living things produce offspring and how they are genetically linked to parents
History	The Bronze Age Explain how to stay safe in the home and compare to life in the home in Bronze Age times	Roman Britain Understanding and appreciation of the range of different cultures within school and further afield. Understanding of the consequences of their behaviour and actions Anglo Saxons Understanding of the consequences of their behaviour and actions Ability to be reflective about their own beliefs, religious or otherwise, that inform their perspective on life and their interest in and respect for	Crime and Punishment Explain how attitudes to crime have changed over time Describe changes to the police force over time Understand how and why laws and punishment change over time	Impact of War Understand how war impacts the daily life of adults and children Journeys Know and understand why people undertake journeys Know and understand why refugees make risky journeys Address historically valid questions about change and significance

		<p>different people's faiths, feelings and values</p> <p>Local History Understanding and appreciation of the wide range of cultural influences that have shaped their own heritage and those of others.</p>		
Geography	<p>Climate and Weather Engaging in discussion and action on improving their environment. Reflect on the diverse nature of our world, thinking about changing landscapes and the environment and developing our awareness of issues</p> <p>Our World Study of real people in different societies. Encourage pupils to reflect on their own personal reality of sense of space.</p> <p>Coasts In looking at their own locality and others in the world, pupils' sense of identity and community can be strengthened</p>	<p>Earthquakes and volcanoes Study real people in different societies.</p> <p>Rivers and the Water Cycle Studying their own locality and its relationship to the wider world.</p> <p>The Americas Opportunities for multi-cultural education through recognising commonalities and differences.</p>	<p>Changes in our Local Environment Understand where I live in the UK Understand people will have differing opinions about change in their region</p> <p>The Amazon Issues of justice, fairness and democracy are central and can be debated in terms of pupils' own experiences</p> <p>Study of Alpine Region Study real people in different societies Engaging in discussion and action on improving the environment</p>	<p>Protecting Environments Understand the threats to the health of our planet and some of the possible solutions</p> <p>Our World in the Future Understand public services and job opportunities within a community</p> <p>Journeys and Trade Explain how products can be produced fairly (fairtrade) Understand the perspectives of a range of people on geographical issues</p>
Art	<p>Drawing People use art to help explain or teach things. People make art to explore big ideas, like death or nature.</p> <p>Painting and mixed media There are no rules about what art must be. People use art to tell stories and communicate.</p>	<p>Painting and mixed media Artworks can fit more than one genre. Artists may hide messages or meaning in their work.</p> <p>Sculpture and 3D Art can communicate powerful statements about right and wrong. Artists can choose particular materials to communicate a message.</p>	<p>Painting and mixed media Artists use self-portraits to represent important things about themselves.</p> <p>Drawing People make art to fit in with popular ideas or fashions. How an artwork is interpreted will depend on the life experiences of the person looking at it.</p>	<p>Drawing Sometimes artists add extra meaning to what they create by working in places where they don't have permission to work. Discuss how art is sometimes used to communicate social, political, or environmental views. Sometime people make art to create reactions.</p>

	<p>People use art to help explain or teach things. One artwork can have several meanings.</p> <p>Sculpture and 3D There are no rules about what art must be. People use art to tell stories and communicate. People make art for fun, and to make the world a nicer place to be.</p> <p>Craft and Design There are no rules about what art must be. People use art to tell stories and communicate. One artwork can have several meanings.</p>	<p>Craft and Design Designers can make beautiful things to try and improve people's everyday lives. Artists and designers sometimes choose techniques based on the time and money available to them. Art can be created to make money; being an artist is a job for some people. Art, craft and design affects the lives of people who see or use something that has been created.</p>	<p>Sculpture and 3D People make art to express emotion.</p> <p>Craft and Design Visual designs can represent big ideas like harmony with nature or peace.</p>	<p>Explain how art can be created to cause reaction and impact and be able to consider why an artist chooses to use art in this way.</p> <p>Painting and mixed media Art can be a form of protest. Art sometimes creates difficult feelings when we look at it. Artists can use materials to respond to a feeling or idea in an abstract way.</p> <p>Sculpture and 3D Artists take risks to try out ideas; this can lead to new techniques being developed. Everyone has a unique way of experiencing art.</p> <p>Craft and design Art forms are always evolving as materials and techniques change over time.</p>
D&T	<p>Eating Seasonally Follow health and safety rules whilst cooking</p>	<p>Adapting a recipe Know about food safety, following hygiene rules</p>	<p>What could be healthier? Understand what constitutes a balanced diet Understand the term 'healthy' Use equipment safely, such as knives, hot pans and hobs Know how to avoid cross-contamination</p> <p>Bridges Use saws accurately and safely</p>	<p>Steady Hand Game Know batteries contain acid</p> <p>Automata Toys Use a bench hook to saw safely and effectively Use woodworking tools safely</p> <p>Come Dine with Me Evaluate health and safety in production to minimise cross contamination</p>
RE	<p>Caring for the Environment Understand we all have a responsibility to look after the planet Explain how our attitudes towards the environment can affect the planet</p>	<p>Inspirational People Reflect on inspirational; people who have affected your life Understand how faith helps some people during difficult times Know how we can make a difference to our world</p>	<p>Ultimate Questions Show respect towards others who have different views or beliefs</p> <p>Poverty and Justice Express opinions about justice in everyday life Explain the concept of justice</p>	<p>Race and Diversity Be able to explain their own ideas about race and diversity and identify what influences their ideas</p>

	<p>Right and Wrong To reflect on ideas of right and wrong and their own responses to them To be able to explain their own ideas of right and wrong Understand the idea of fairness To know the need for rules in society and moral code</p>	<p>Identity and Belonging Define and understand identity Understand the meaning of tolerance towards all individuals Understand how societies are made up of a diverse range of people</p>	<p>Identify human rights related to justice and freedom To give their own opinion on justice when faced with difficult decisions</p>	<p>Know the similarities and differences in a multi-faith/ cultural society Understand the importance of respect and tolerance of those with different faiths and beliefs and those without a faith Moral Maze Understand the meaning of 'dilemma' and 'influence' Know what doing what is right can be challenging Express personal values with regards to a moral dilemma</p>
PSHE	<p>Rights and Responsibilities Understand what a healthy, balanced diet is Understand the effect of the media on peoples' viewpoints Keeping Myself Safe Explain when situations are safe and unsafe Understand what a risk is and how to reduce risks Understand how alcohol and cigarettes affect the body Explain how to stay safe online Valuing Differences Understand there are different types of family Understand the terms 'adoption', 'fostering' and 'same-sex relationships' Understand the meaning of community and benefits of belonging to a community Compare themselves to others</p>	<p>Rights and Responsibilities Understand the human rights people are entitled to Understand the meaning of rights and responsibilities and explain what that means to them Understand why we have rules, who creates them and how they can be changed Recognise the role of a bystander Know about the work of different organisations in the UK/ around the world Keeping Myself Safe Understand the difference between a danger, risk or hazard Understand what information is safe to share online Understand how medicines are drugs and how to use them responsibly Explain the risks of smoking and drinking alcohol</p>	<p>Keeping Myself Safe Know information in the media regarding health and wellbeing Explain what rights and responsibilities different people have Recognise the importance of different groups in society Explain importance of public services Valuing Differences Understand what a habit is and how these might affect us Understand risk and risk factors, including smoking Understand difference between legal and illegal drugs and how to use legal drugs safely Understand consequences of actions Rights and Responsibilities Understand importance of being a good listener</p>	<p>Rights and Responsibilities Understand the way information shared could make something biased Analyse a report - drawing out the fact and opinion Understand how to stay safe online Recognise the value of money and the benefits of using money wisely Understand the concept of salaries and how taxes fund public services Understand how laws in the UK are formed and changed Give advice, deciding whether to break a confidence Valuing Differences Define the term 'bystander' Recognise why it is important to be accepting of people's differences Recognise things we have in common with others</p>

	<p>Explain how listening shows respect</p> <p>Understand bullying and prejudice</p>	<p>Recognise how people can influence you in a positive or negative way</p> <p>Valuing Differences</p> <p>Understand negotiation and compromise</p> <p>Recognise personal space</p> <p>Understand the different relationships they have with people</p> <p>Understand how different people have different personalities</p> <p>Understand how to show respect for people's differences</p> <p>Understand what a stereotype is</p>	<p>Understand the meaning of discrimination and how it affects people</p> <p>Recognise some things online aren't true</p> <p>Understand the changes that take place during puberty</p>	<p>Understand how to show respect to everyone in our diverse society</p> <p>Recognise the qualities of a good friend</p> <p>Understand the meaning of stereotype</p> <p>Understand commitment between two people</p> <p>Keeping Safe</p> <p>Know how to keep themselves safe online</p> <p>Understand the consequences of creating or sharing sexual images</p> <p>Understand what addiction is and how it affects behaviours</p> <p>Understand emotional needs and how they are met</p> <p>Identify how they will become more independent and responsible</p> <p>Can describe how babies are made including the relationship between sexual intercourse and conception</p> <p>Know what pregnancy is, where it occurs, how long it takes and how a baby is born</p>
MfL (Spanish)	<p>A New Start</p> <p>Ask and answer a question about how I am feeling</p> <p>Carnival</p> <p>Take part in simple dialogue about myself</p>	<p>Welcome to Super School Learners</p> <p>Ask and answer several questions about myself</p> <p>Feeling Unwell</p> <p>Explain feeling ill/ what hurts</p>	<p>My school, my subjects</p> <p>Explain how I am feeling</p> <p>Give important details about myself and others</p> <p>Out of this World</p> <p>Ask and answer questions about someone's identity</p>	<p>Everyday Life</p> <p>Recall phrases to talk about myself and my feelings</p>
PE	<p>Games</p> <p>Lead others and act as a respectful team member.</p>	<p>Games</p> <p>Follow the rules of the game and play fairly.</p>	<p>Games</p>	<p>Games</p>

	<p>Dance Show respect to others when watching them perform. Work with a partner and in a small group, sharing ideas.</p> <p>Yoga Describe how yoga makes me feel</p> <p>Athletics Identify success Show determination to achieve personal best</p> <p>OOA Develop map reading skills Follow and give instructions Listen to and accept ideas of others Plan and attempt to apply strategies to solve problems Reflect on success Work collaboratively with a partner and a small group</p>	<p>Lead others and act as a respectful team member.</p> <p>Gymnastics Explain the benefits of exercise Perform balances safely</p> <p>Yoga Explain the benefits of yoga</p> <p>Athletics Show determination to improve a personal best</p> <p>OOA Follow and give instructions Confidently communicate ideas and listen to others Plan and apply strategies to solve problems Reflect on success when solving challenges Work collaboratively and effectively with a partner and a small group</p>	<p>Uphold the spirit of fair play and respect in all competitive situations</p> <p>Gymnastics Work safely when learning a new skill</p> <p>Yoga Lead others with confidence Work safely with a partner</p> <p>Athletics Take on the role of coach, official and timer in a group</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25m Perform safe self-rescue in different water based situations</p> <p>OOA Show inclusion of others and share job roles Reflect on successful problem solving Use critical thinking to approach a task</p>	<p>Uphold the spirit of fair play and respect in all competitive situations</p> <p>Dance Express ideas, emotions, feelings and characters through dance</p> <p>Gymnastics Work safely when learning a new skill</p> <p>Athletics Persevere and strive to achieve my personal best Understand different areas of fitness</p> <p>Swimming Swim competently, confidently and proficiently over a distance of at least 25m Perform safe self-rescue in different water based situations</p>
Computing	<p>Online Safety Differentiate between fact, opinion and belief online Explain how to deal with upsetting online content Recognise that digital devices communicate with each other to share personal information Explain what social media platforms are used for Recognise why social media platforms are age-restricted</p>	<p>Online Safety Describe how to search over multiple platforms and are aware of the accuracy of the results presented Describe some of the methods used to persuade people to buy online Explain the difference between fact, opinion and belief and recognise these online Explain what a bot is and give examples of different bots</p>	<p>Online Safety Understand that passwords need to be strong and apps that require some form of passwords Recognise a couple of the different types of online communication and know who to go to if they need help with any communication matters online Search for simple information about a person</p>	<p>Online Safety Know a range of online issues which can leave pupils feeling sad, frightened, worried or uncomfortable and describe numerous ways to get help Explain how sharing online can have both positive and negative impacts Be aware of how to seek consent from others before sharing material online and describe how</p>

		<p>Explain some positive and negative distractions of using technology and small strategies on how to reduce the amount of time spent on technology</p>	<p>Know what bullying is and that it can occur both online and in the real world Recognise when health and wellbeing are being affected in either a positive or negative way through online use Offer advice tips to combat the negative effects of online use</p>	<p>content can still be shared online, even with private settings Explain what a 'digital reputation' is and what it can consist of Describe ways to manage passwords and strategies to add extra security, such as 2 factor authentication Explain what to do if passwords are shared, lost or stolen Describe strategies to identify scams Explain how to increase privacy settings and understand why it is important to keep software updated Computer systems and networks Explain how to ensure a password is secure and how this works</p>
<p>Music</p>	<p>More Musical Styles Consider how music plays a part in our community Opening Night Present with confidence</p>	<p>Mamma Mia Sing a song in time to a piece of music Lean on Me Compose a piece as a group playing different parts</p>	<p>Thank you for the music Sing as part of a group Classroom Jazz 1 Perform with confidence</p>	<p>Music and Me Explain how music can express identity Understand how music can give us confidence Know how someone's background can affect their musical style</p>

Safeguarding, mental health and wellbeing within our wider curriculum (examples)

Year 3	Year 4	Year 5	Year 6
Pedestrian Training	Pedestrian Training	Harvest festival Pedestrian Training Pizza Express Workshops Kingswood Residential The Riot Act – Road Safety and Active Travel (Theatre Company)	Top-up swimming lessons Bikeability Isle of Wight Residential Junior Citizen workshops at Brunel University CSI Road Safety Workshop
Whole school opportunities	National Fitness Day, Junior Duke Award, GoldenTime+, ‘Be Bright, Be Seen’ day, ‘No Computer Day’, Life Base Workshops, Dog’s Trust assembly/ workshops, Mental Health Awareness Week, Kindness Awards		
Young leadership	Junior Road Safety Team, Digital Leaders, reading buddies, Playground Pals		
Special assemblies	High5, Year 3&4 Keeping Safe assembly, Year 5&6 Keeping Safe assembly, Daily Mile, Anti-Bullying, Safer Internet Day, First Aid and the Emergency Services		
Community links/ fundraising	Jeans4Genes Day, Harvest collection for Hillingdon Food Bank, Children in Need, Christmas Jumper Day, Christmas cards, School Council to play games with residents at Poplars Care Home, Choir to sing at Poplars		
Sporting events	Daily Mile year group competition, National Fitness Day		