

Caldecote Primary School Curriculum Big Ideas

Health and Wellbeing



Understanding how to maintain physical, mental and emotional wellbeing, and make informed choices for a healthy life.

Curriculum content

This big idea invites children to explore the factors that contribute to a healthy, safe and fulfilling life. They develop an understanding of physical, mental and emotional wellbeing, learning how their choices, behaviours and relationships can influence their health and happiness.

Through a range of subject lenses, children examine how people grow and develop, how healthy lifestyles support wellbeing, and how positive relationships contribute to feeling safe, valued and connected. They explore themes such as physical health, emotional regulation, personal safety, resilience, relationships and healthy decision-making.

Children develop the knowledge, skills and confidence to look after themselves and support others. They learn the importance of self-awareness, empathy and responsibility, enabling them to navigate challenges, build positive relationships and make informed choices that promote lifelong wellbeing.

This Big Idea is supported through a wide range of health, wellbeing and personal development opportunities, including:

- PSHE and RSHE curriculum learning
- My Community, My Behaviour, My Safety Assemblies
- Character Education Programme
- Children's Mental Health Week, Anti-Bullying Week, Safer Internet Day and Healthy Me Week
- Healthy Schools Status
- Time Together
- Daily physical activity – The Daily Mile
- High quality PE provision
- Playtime Ambassadors and Peer Mediators
- Year 6/Reception Buddy Programme
- Rights Respecting School Ambassadors
- CTT Behaviour policy including Restorative Practice
- Broadening Horizons Assemblies
- School Council and leadership opportunities
- Pastoral lead programmes e.g., Emotional literacy
- Caldecote Book Spine texts that promote wellbeing, resilience and healthy relationships
- Community events, fundraising and charitable projects
- Transition and resilience-building activities