

Year 1 Autumn Term: Health and Well-being & Relationships

Week	Theme	Pupils will learn.....
1	Health and Well-being	<ul style="list-style-type: none"> what it means to be healthy and why it is important
2	Physical Health and Mental Well-being <i>Core themes:</i> <i>Keeping healthy; food and exercise; hygiene routines; sun safety</i>	<ul style="list-style-type: none"> ways to take care of themselves on a daily basis
3		<ul style="list-style-type: none"> about basic hygiene routines, e.g. hand washing
4		<ul style="list-style-type: none"> about healthy and unhealthy foods, including sugar intake
5		<ul style="list-style-type: none"> about physical activity and how it keeps people healthy about different types of play, including balancing indoor, outdoor and screen-based play
6		<ul style="list-style-type: none"> about people who can help them to stay healthy, such as parents, doctors, nurses, dentists, lunch supervisors
7		<ul style="list-style-type: none"> how to keep safe in the sun
8		Relationships
9	Families and friendships <i>Core Themes:</i>	<ul style="list-style-type: none"> what it means to be a family and how families are different, e.g. single parents, same-sex parents, etc.
10	<i>Roles of different people; families; feeling cared for</i>	<ul style="list-style-type: none"> about the importance of telling someone — and how to tell them — if they are worried about something in their family
11	Relationships	<ul style="list-style-type: none"> about situations when someone's body or feelings might be hurt and whom to go to for help
12	Safe Relationships <i>Core Themes:</i>	<ul style="list-style-type: none"> about what it means to keep something private, including parts of the body that are private
13	<i>Recognising privacy; staying safe; seeking permission</i>	<ul style="list-style-type: none"> to identify different types of touch and how they make people feel (e.g. hugs, tickling, kisses and punches)
14		<ul style="list-style-type: none"> how to respond if being touched makes them feel uncomfortable or unsafe when it is important to ask for permission to touch others how to ask for and give/not give permission

Year 2 Autumn Term: Health and Well-being & Relationships

Week	Theme	Pupils will learn.....
1	Health and Well-being	<ul style="list-style-type: none"> about routines and habits for maintaining good physical and mental health
2	Physical Health and Mental Well-being <i>Core themes:</i> <i>Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</i>	<ul style="list-style-type: none"> why sleep and rest are important for growing and keeping healthy
3		<ul style="list-style-type: none"> that medicines, including vaccinations and immunisations, can help people stay healthy and manage allergies
4		<ul style="list-style-type: none"> the importance of, and routines for, brushing teeth and visiting the dentist about food and drink that affect dental health
5		<ul style="list-style-type: none"> how to describe and share a range of feelings ways to feel good, calm down or change their mood e.g. playing outside, listening to music, spending time with others
6		<ul style="list-style-type: none"> how to manage big feelings including those associated with change, loss and bereavement when and how to ask for help, and how to help others, with their feelings
7	Relationships	<ul style="list-style-type: none"> Assessment of prior learning around Relationships how to be a good friend, e.g. kindness, listening, honesty
8	Families and friendships <i>Core Themes:</i> <i>Making friends; feeling lonely and getting help</i>	<ul style="list-style-type: none"> about different ways that people meet and make friends strategies for positive play with friends, e.g. joining in, including others, etc.
9		<ul style="list-style-type: none"> about what causes arguments between friends how to positively resolve arguments between friends
10		<ul style="list-style-type: none"> how to recognise, and ask for help, when they are feeling lonely or unhappy or to help someone else
11		Relationships
12	Safe Relationships <i>Core Themes:</i> <i>Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</i>	<ul style="list-style-type: none"> about what bullying is and different types of bullying how someone may feel if they are being bullied
13		<ul style="list-style-type: none"> about the difference between happy surprises and secrets that make them feel uncomfortable or worried, and how to get help
14		<ul style="list-style-type: none"> how to resist pressure to do something that feels uncomfortable or unsafe how to ask for help if they feel unsafe or worried and what vocabulary to use

Year 3 Autumn Term: Health and Well-being & Relationships

Week	Theme	Pupils will learn.....
1	<p>Health and Well-being</p> <p>Physical Health and Mental Well-being</p> <p><i>Core themes:</i></p> <p><i>Health choices and habits; what affects feelings; expressing feelings</i></p>	<ul style="list-style-type: none"> about the choices that people make in daily life that could affect their health to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep) what can help people to make healthy choices and what might negatively influence them
2		<ul style="list-style-type: none"> about habits and that sometimes they can be maintained, changed or stopped the positive and negative effects of habits, such as regular exercise or eating too much sugar, on a healthy lifestyle
3		<ul style="list-style-type: none"> what is meant by a healthy, balanced diet including what foods should be eaten regularly or just occasionally
4		<ul style="list-style-type: none"> that regular exercise such as walking or cycling has positive benefits for their mental and physical health
5		<ul style="list-style-type: none"> about the things that affect feelings both positively and negatively strategies to identify and talk about their feelings
6		<ul style="list-style-type: none"> about some of the different ways people express feelings e.g. words, actions, body language to recognise how feelings can change overtime and become more or less powerful
7	<p>Relationships</p> <p>Families and friendships</p> <p><i>Core Themes:</i></p> <p><i>What makes a family; features of family life</i></p>	<ul style="list-style-type: none"> Assessment of prior learning around Relationships to recognise and respect that there are different types of families, including single parents, same-sex parents, step-parents, blended families, foster and adoptive parents that being part of a family provides support, stability and love
8		<ul style="list-style-type: none"> about the positive aspects of being part of a family, such as spending time together and caring for each other about the different ways that people can care for each other e.g. giving encouragement or support in times of difficulty
9		<ul style="list-style-type: none"> to identify if/when something in a family might make someone upset or worried what to do and whom to tell if family relationships are making them feel unhappy or unsafe
10 & 11	<p>Relationships</p> <p>Safe Relationships</p> <p><i>Core Themes:</i></p> <p><i>Personal boundaries; safely responding to others; the impact of hurtful behaviour</i></p>	<ul style="list-style-type: none"> What is appropriate to share with friends, classmates, family and wider social groups including online about what privacy and personal boundaries are, including online basic strategies to help keep themselves safe online e.g. passwords, using trusted sites and adult supervision
12		<ul style="list-style-type: none"> that bullying and hurtful behaviour is unacceptable in any situation about the effects and consequences of bullying for the people involved
13		<ul style="list-style-type: none"> about bullying online, and the similarities and differences to face-to-face bullying
14		<ul style="list-style-type: none"> what to do and whom to tell if they see or experience bullying or hurtful behaviour

Year 4 Autumn Term: Health and Well-being & Relationships

Week	Theme	Pupils will learn.....
1	Health and Well-being	<ul style="list-style-type: none"> to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally
2	Physical Health and Mental Well-being	<ul style="list-style-type: none"> what good physical health means and how to recognise early signs of physical illness
3	<i>Core themes:</i>	<ul style="list-style-type: none"> that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary
4	<i>Maintaining a balanced lifestyle; oral hygiene and dental care</i>	<ul style="list-style-type: none"> how to maintain oral hygiene and dental health, including how to brush and floss correctly the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health
5	Relationships	<ul style="list-style-type: none"> Assessment of prior learning around Relationships about the features of positive healthy friendships such as mutual respect, trust and sharing interests strategies to build positive friendships
6	Families and friendships	<ul style="list-style-type: none"> how to seek support with relationships if they feel lonely or excluded
7	<i>Core Themes:</i>	<ul style="list-style-type: none"> how to communicate respectfully with friends when using digital devices
8	<i>Positive friendships, including online</i>	<ul style="list-style-type: none"> how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know what to do or whom to tell if they are worried about any contact online
9	Relationships	<ul style="list-style-type: none"> to differentiate between playful teasing, hurtful behaviour and bullying, including online how to respond if they witness or experience hurtful behaviour or bullying, including online
10	Safe Relationships	<ul style="list-style-type: none"> recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable how to manage pressures associated with dares
11	<i>Core Themes:</i>	<ul style="list-style-type: none"> when it is right to keep or break a confidence or share a secret
12	<i>Responding to hurtful behaviour; managing confidentiality; recognising risks online</i>	<ul style="list-style-type: none"> how to recognise risks online such as harmful content or contact
13		<ul style="list-style-type: none"> how people may behave differently online including pretending to be someone they are not
14		<ul style="list-style-type: none"> how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online

Year 5 Autumn Term: Health and Well-being & Relationships

Week	Theme	Pupils will learn.....
1	Health and Well-being	<ul style="list-style-type: none"> • how sleep contributes to a healthy lifestyle • healthy sleep strategies and how to maintain them
2	Physical Health and Mental Well-being	<ul style="list-style-type: none"> • about the benefits of being outdoors and in the sun for physical and mental health • how to manage risk in relation to sun exposure, including skin damage and heat stroke
3	<i>Core themes:</i>	<ul style="list-style-type: none"> • how medicines can contribute to health and how allergies can be managed • that some diseases can be prevented by vaccinations and immunisations
4	<i>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</i>	<ul style="list-style-type: none"> • that bacteria and viruses can affect health • how they can prevent the spread of bacteria and viruses with everyday hygiene routines • to recognise the shared responsibility of keeping a clean environment
5	Relationships	<ul style="list-style-type: none"> • Assessment of prior learning around Relationships • what makes a healthy friendship and how they make people feel included • strategies to help someone feel included
6	Families and friendships	<ul style="list-style-type: none"> • about peer influence and how it can make people feel or behave • the impact of the need for peer approval in different situations, including online • strategies to manage peer influence and the need for peer approval e.g. exit strategies, assertive communication
7	<i>Managing friendships and peer influence</i>	<ul style="list-style-type: none"> • that it is common for friendships to experience challenges
8		<ul style="list-style-type: none"> • strategies to positively resolve disputes and reconcile differences in friendships
9		<ul style="list-style-type: none"> • that friendships can change over time and the benefits of having new and different types of friends
10		<ul style="list-style-type: none"> • how to recognise if a friendship is making them feel unsafe, worried, or uncomfortable • when and how to seek support in relation to friendships
11	Relationships	<ul style="list-style-type: none"> • to identify what physical touch is acceptable, unacceptable, wanted or unwanted in different situations • how to ask for, give and not give permission for physical contact
12	Safe Relationships	<ul style="list-style-type: none"> • how it feels in a person's mind and body when they are uncomfortable • that it is never someone's fault if they have experienced unacceptable contact
13	<i>Core Themes:</i>	<ul style="list-style-type: none"> • how to respond to unwanted or unacceptable physical contact • whom to tell if they are concerned about unwanted physical contact
14	<i>Physical contact and feeling safe</i>	<ul style="list-style-type: none"> • that no one should ask them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret they are worried about

Year 6 Autumn Term: Health and Well-being & Relationships

Week	Theme	Pupils will learn.....
1	Health and Well-being Physical Health and Mental Well-being <i>Core themes:</i> <i>What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</i>	<ul style="list-style-type: none"> that mental health is just as important as physical health and that both need looking after to recognise that anyone can be affected by mental ill-health and that difficulties can be resolved with help and support how negative experiences such as being bullied or feeling lonely can affect mental wellbeing
2		<ul style="list-style-type: none"> positive strategies for managing feelings that there are situations when someone may experience mixed or conflicting feelings how feelings can often be helpful, whilst recognising that they sometimes need to be overcome
3		<ul style="list-style-type: none"> to recognise that if someone experiences feelings that are not so good (most or all of the time) – help and support is available identify where they and others can ask for help and support with mental wellbeing in and outside school the importance of asking for support from a trusted adult
4 & 5		<ul style="list-style-type: none"> about the changes that may occur in life including death, and how these can cause conflicting feelings that changes can mean people experience feelings of loss or grief about the process of grieving and how grief can be expressed about strategies that can help someone cope with the feelings associated with change or loss to identify how to ask for help and support with loss, grief or other aspects of change
6		<ul style="list-style-type: none"> how balancing time online with other activities helps to maintain their health and wellbeing strategies to manage time spent online and foster positive habits e.g. switching phone off at night what to do and whom to tell if they are frightened or worried about something they have seen online
7		Relationships Assessment of prior learning around Relationships
8	Families and friendships <i>Core Themes:</i> <i>Attraction to others; romantic relationships; civil partnership and marriage</i>	<ul style="list-style-type: none"> what it means to be attracted to someone and different kinds of loving relationships that people who love each other can be of any gender, ethnicity or faith the difference between gender identity and sexual orientation and everyone’s right to be love
9		<ul style="list-style-type: none"> about the qualities of healthy relationships that help individuals flourish
10 & 11		<ul style="list-style-type: none"> ways in which couples show their love and commitment to one another, including those who are not married or who live apart what marriage and civil partnership mean e.g. a legal declaration of commitment made by two adults that people have the right to choose whom they marry or whether to get married that to force anyone into marriage is illegal how and where to report forced marriage or ask for help if they are worried
12		<ul style="list-style-type: none"> to compare the features of a healthy and unhealthy friendship

13	<p>Safe Relationships</p> <p><i>Core Themes:</i></p> <p><i>Recognising and managing pressure;</i></p>	<ul style="list-style-type: none"> • about the shared responsibility if someone is put under pressure to do something dangerous and something goes wrong • strategies to respond to pressure from friends including online • how to assess the risk of different online 'challenges' and 'dares' • how to recognise and respond to pressure from others to do something unsafe or that makes them feel worried or uncomfortable
14	<p><i>consent in different situations</i></p>	<ul style="list-style-type: none"> • how to get advice and report concerns about personal safety, including online • what consent means and how to seek and give/not give permission in different situations