

RELATIONSHIPS	Year R	Links to other subjects where this may be taught	Years 1 and 2	Links to other subjects where this may be taught
Families and people who care for me	<ul style="list-style-type: none"> • Talking about my own family and who the family members are • Knowing that my family love me and keep me safe • Knowing that there are many different types of families 	<ul style="list-style-type: none"> • Understanding the world – family portraits 	<ul style="list-style-type: none"> • Knowing what families to together • Knowing that other families may look different to my family 	<ul style="list-style-type: none"> • RE – families with faith • Science – animals including humans, offspring to adults, basic needs including for survival • History – family trees • Art – family portraits • English – stories about families
Caring friendships	<ul style="list-style-type: none"> • Knowing what make a good friendship • Knowing that friendships have ups and downs and how to deal with them • Knowing that there are other people who can help or give advice when we fall out with friends 	<ul style="list-style-type: none"> • PSHCE – Circle Time, school rules, • E-safety – online with friends • Literacy – stories about friends and friendship 	<ul style="list-style-type: none"> • Knowing how important friendship is in making us feel happy and secure • Understanding that healthy friendships are positive and welcoming 	<ul style="list-style-type: none"> • PSHCE – circle time • E-safety • English – stories about friendship, working with talk partners
Respectful relationships	<ul style="list-style-type: none"> • Knowing and using good manners • Respecting other people 	<ul style="list-style-type: none"> • Physical development – how to use a knife and fork, holding doors open, helping tidy up • PSHCE – saying please and thank you, circle time, taking turns and losing gracefully when playing games, fundraising and charity involvement • Physical Development – following the rules of games 	<ul style="list-style-type: none"> • Knowing and using good manners • Showing courtesy to others 	<ul style="list-style-type: none"> • PSHCE – circle time, fundraising and charity involvement • English – stories about good manners and showing kindness • E-safety – good manners and kindness online
Online relationships	<ul style="list-style-type: none"> • Knowing how to keep myself safe online 	<ul style="list-style-type: none"> • E-safety – what to share and what not to share online • PSED – being safe on the roads, ‘stranger-danger’ in the real world and online 	<ul style="list-style-type: none"> • Knowing that there are ‘rules’ to follow to keep myself safe online • Understanding that people sometimes act differently online and how to put this right if it is me 	<ul style="list-style-type: none"> • Computing – reinforcing rules for safe use when online • E-safety – showing good manners and kindness online, how to put something wrong right

RELATIONSHIPS	Year R	Links to other subjects where this may be taught	Years 1 and 2	Links to other subjects where this may be taught
Being safe	<ul style="list-style-type: none"> • Understanding my body belongs to me • Knowing that it's OK to keep my body private • Knowing what to do if I feel unsafe or unhappy about my body 	<ul style="list-style-type: none"> • PSED – privacy using the toilets/getting changed for PE, secrets and when to keep them secret • PSHCE – Circle Time 	<ul style="list-style-type: none"> • Understanding that my body belongs to me • Knowing that my body is private and how to keep it so • Understanding appropriate boundaries • Knowing how to respond appropriately to adults 	<ul style="list-style-type: none"> • PSHCE – circle time, how to independently behave well in all areas of school, including in the toilets, and at break times, behaviour policy and procedure • Science – naming body parts, basic needs of animals for survival, importance of exercise, nutrition and hygiene • E-safety – reinforcing rules for safe use when online

HEALTH AND WELL BEING	Year R	Links to other subjects where this may be taught	Years 1 and 2	Links to other subjects where this may be taught
Mental well being	<ul style="list-style-type: none"> Identifying simple emotions and how they feel for me What makes me feel happy What I can do when I feel sad or angry Who I can talk to when I need help 	<ul style="list-style-type: none"> PSED – feelings, friendships Literacy – stories about different emotions, looking at things from other people’s viewpoints 	<ul style="list-style-type: none"> What makes us feel different ways – explore simple emotions (eg. sad, happy, angry, upset, disappointed, embarrassed) Belonging and being part of things I enjoy Knowing who to ask for help when I need it 	<ul style="list-style-type: none"> PSHCE – circle time RE - belonging Wider curriculum – clubs and activities out of school hours, achievement assemblies
Internet safety and harms	<ul style="list-style-type: none"> Keeping information about me safe online Knowing what to do if there is something I don’t like or a problem I have online Understanding that IT should be used sometimes, not all of the time 	<ul style="list-style-type: none"> E-safety Computing 	<ul style="list-style-type: none"> Behaving well online Knowing what to do if I feel unhappy, uncomfortable or bullied online Making the right decisions about using IT some of the time, not all of the time 	<ul style="list-style-type: none"> E-safety Computing PSHCE – circle time, having good playtimes, behaviour policy and procedure
Physical health and fitness	<ul style="list-style-type: none"> Knowing that exercise is good fun and makes me feel great Knowing how my body responds to exercise Getting rid of germs 	<ul style="list-style-type: none"> Physical Development PSED - handwashing 	<ul style="list-style-type: none"> Knowing why exercise is good for us and how it affects our bodies Understanding the importance of healthy eating Knowing the benefit of getting a good night’s sleep Knowing how to keep myself clean 	<ul style="list-style-type: none"> PE Science – exercise, healthy eating, personal hygiene PSHCE – sleep support for individual families
Healthy eating	<ul style="list-style-type: none"> Which foods are good for me, making healthy choices 	<ul style="list-style-type: none"> PSED – healthy food choices, healthy meals, school dinner choices 	<ul style="list-style-type: none"> Understanding the importance of healthy eating 	<ul style="list-style-type: none"> Science –healthy eating PSHCE – mealtimes choices

<p>Drugs, alcohol and tobacco</p>	<ul style="list-style-type: none"> • Being safe with medicines 	<ul style="list-style-type: none"> • UTW – people who help us • PESD – caring for others 	<ul style="list-style-type: none"> • Knowing why we use drugs to treat illnesses • Understanding how important some drugs have been in medical care 	<ul style="list-style-type: none"> • History – Florence Nightingale/Mary Seacole • Science – staying healthy • PSHCE – caring for others, understanding illnesses in our friends
<p>Health and prevention</p>	<ul style="list-style-type: none"> • Being sun safe • Knowing that I need a good night's sleep • Looking after my teeth • Being clean and tidy 	<ul style="list-style-type: none"> • PSHCE – sun safety • PESD – how to brush my teeth, handwashing 	<ul style="list-style-type: none"> • Basic first aid awareness • How to look after my own personal hygiene 	<ul style="list-style-type: none"> • History – Florence Nightingale/Mary Seacole • Science – hygiene (germs and transmission)
<p>Changing bodies</p>	<ul style="list-style-type: none"> • Me as a baby and me now 	<ul style="list-style-type: none"> • PESD – timeline photographs, changes in animals and people • Literacy – stories about animal lifecycles 	<ul style="list-style-type: none"> • Growing and changing 	<ul style="list-style-type: none"> • History – changes in a lifetime • Science – life cycles, babies to adult

RELATIONSHIPS	Years 3 and 4	Links to other subjects where this may be taught	Years 5 and 6	Links to other subjects where this may be taught
Families and people who care for me	<ul style="list-style-type: none"> Knowing what different types of families look like and the commonalities between them Knowing what marriage ceremonies are like in different cultures/religions 	<ul style="list-style-type: none"> RE 	<ul style="list-style-type: none"> Understanding diversity and differences between couples and families Exploring why people get married 	<ul style="list-style-type: none"> RE Science
Caring friendships	<ul style="list-style-type: none"> Characteristics of a good friend How to decide what a real friend is Knowing how to deal with friendship concerns 	<ul style="list-style-type: none"> E-safety RE PSHCE 	<ul style="list-style-type: none"> Treating others fairly – inclusion and exclusion Seeking help when things go wrong with friendships Moving on and making new friends 	<ul style="list-style-type: none"> RE – faith leaders, inspirational leaders, faith communities, charity History – social injustice in history eg. slavery, apartheid, prejudice and discrimination PSHCE – transition to secondary school, fundraising and charity involvement
Respectful relationships	<ul style="list-style-type: none"> Exploring stereotypes and how they can be untrue and/or unfair What bullying looks like and knowing when to ask for help 	<ul style="list-style-type: none"> E-safety History – Ancient Egypt Geography - Fairtrade PSHCE – fundraising and charity involvement 	<ul style="list-style-type: none"> Exploring the damage caused by stereotyping, prejudice and discrimination Understanding the importance of seeking permission 	<ul style="list-style-type: none"> History - moral/social injustice in history eg. slavery, apartheid, prejudice and discrimination Geography – economic activity and wealth distribution world-wide linked to resource distribution including water RE E-safety
Online relationships	<ul style="list-style-type: none"> Showing respect when online Exploring whether everyone tells the truth online Knowing key ‘rules’ for keeping safe online 	<ul style="list-style-type: none"> E-Safety Computing 	<ul style="list-style-type: none"> Being respectful online Knowing whether online sources are safe or accurate Knowing how data is shared online and making sensible choices with my own data 	<ul style="list-style-type: none"> E-safety

Being safe	<ul style="list-style-type: none"> • How to stay safe in different scenarios eg. beach, on the roads, railways, in the sun • Knowing who to turn to when I feel unsafe 	<ul style="list-style-type: none"> • PSHCE – important adults who can help, emergency services, sun safety awareness, etc 	<ul style="list-style-type: none"> • Taking responsibility for my own safety in society • Knowing who can help when family and friends can't • Knowing how to report online concerns or abuse 	<ul style="list-style-type: none"> • PSHCE – transition to secondary school, safety awareness training eg. NSPCC/Child Line/emergency services • E-safety
HEALTH AND WELL BEING	Years 3 and 4	Links to other subjects where this may be taught	Years 5 and 6	Links to other subjects where this may be taught
Mental wellbeing	<ul style="list-style-type: none"> • Recognising different feelings and the impact of them on me physically • Knowing who can help in school, at home and in wider society • Understanding what bullying is and how to manage it 	<ul style="list-style-type: none"> • PSHCE • Science 	<ul style="list-style-type: none"> • Exploring mental well being and physical well being and the link between the two • The benefits of exercise and the outdoors on mental well being • Knowing who can help when family and friends can't 	<ul style="list-style-type: none"> • PE • Science • PSHCE – transition to secondary school, safety awareness training eg. NSPCC/Child Line/emergency services
Internet safety and harms	<ul style="list-style-type: none"> • Knowing about age limit restrictions on games and apps • Recognising when online information is true or false • Knowing how much time online is too much time 	<ul style="list-style-type: none"> • E-safety • Computing • PSHCE 	<ul style="list-style-type: none"> • Understanding the benefits and negative aspects of online activity • Knowing how to act responsibly online • Understanding the impact of trolling and cyber-bullying 	<ul style="list-style-type: none"> • E-safety • Computing • PSHCE
Physical health and fitness	<ul style="list-style-type: none"> • Knowing the importance of regular exercise on the body and on mental wellbeing • Identifying the negative effects of a lack of exercise 	<ul style="list-style-type: none"> • Science • PSHCE – Walk on Wednesday • PE –eg. Daily Mile, swimming lesson • Wider curriculum – active residential visits 	<ul style="list-style-type: none"> • Understanding what constitutes a healthy lifestyle and its impact on physical and mental well being • Identify the effect of exercise on the heart and human circulatory system • Recognise the impact of exercise and lifestyle on the way human bodies function • Understanding the risks associated with inactivity 	<ul style="list-style-type: none"> • Science – human circulatory system and heart, impact of exercise and lifestyle on the way the body functions • PE – eg. Daily Mile, swimming lessons • PSHCE – Walk on Wednesday • Wider curriculum – active residential visits

Healthy eating	<ul style="list-style-type: none"> • Understand that animals, including humans, get nutrition from what they eat • Know the function of basic parts of the digestive system in humans • Knowing about food groups and how to create balanced meals • Know the negative effects of over-eating or eating too much from one food group 	<ul style="list-style-type: none"> • DT – food technology • Science – healthy eating • PSHCE – school dinner choices 	<ul style="list-style-type: none"> • Understanding the impact of poor diet on the body over the long term • Understanding how to use food group knowledge to plan healthy meals • Making links between food intake, energy expended and calorific burn 	<ul style="list-style-type: none"> • Science – healthy eating, calories, impact of diet and lifestyle on the way the body functions • DT – food technology
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Knowing of the impact of drugs, alcohol and tobacco on the body 	<ul style="list-style-type: none"> • Science - impact of drugs and lifestyle on the way the body functions •
Health and prevention	<ul style="list-style-type: none"> • Knowing that prolonged sun exposure can be unsafe • Knowing the damage that the sun can cause • Ensuring good dental health and knowing why this is important • Knowing about germ transmission routes and how to safeguard against them 	<ul style="list-style-type: none"> • PSHCE – sun awareness training, • Science – teeth, personal hygiene 	<ul style="list-style-type: none"> • Knowing of the importance of immunisation and vaccination and the effects of this over time and in the present time • Having an awareness of allergies and how they manifest 	<ul style="list-style-type: none"> • Science
Basic first aid	<ul style="list-style-type: none"> • Knowing how to call for emergency help • Basic first aid 	<ul style="list-style-type: none"> • PSHCE – emergency service visits, first aid training 	<ul style="list-style-type: none"> • Basic first aid certification 	<ul style="list-style-type: none"> • PSHCE – emergency service visits, first aid training

<p>Changing bodies</p>	<ul style="list-style-type: none"> • Know of changes to teeth over time and how to ensure good dental hygiene 	<ul style="list-style-type: none"> • Science - teeth 	<ul style="list-style-type: none"> • Describe the changes in humans as they age including the changes experience in puberty • Know of animal reproduction including human reproduction • Know that living things produce offspring of the same kind but that they are not identical to their parents 	<ul style="list-style-type: none"> • Science – animal reproduction, changes in the human body over time, puberty, menstruation • PSHCE
------------------------	--	---	---	--

DRAFT