



**DfE Guideline**

PD  
English  
Maths  
Science  
Geography  
History  
RE  
Spanish  
PE  
Food  
Technology  
Art  
Music  
IT

**National Curriculum Objective**

the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress	Y		Y	y					Y	Y		y	Y						
the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health.	Y		Y	y	Y				Y	Y			Y						"*Health, disease and the development of medicines the relationship between health and disease"
as about the science relating to blood, organ and stem cell donation				y						Y									stem cells in animals and meristems in plants
<b>Healthy eating</b>																			
how to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer	Y		Y	y						Y			y						"**Nutrition and digestion the content of a healthy human diet: carbohydrates, lipids (fats and oils), proteins, vitamins, minerals, dietary fibre and water, and why each is needed calculations of energy requirements in a healthy daily diet the consequences of imbalances in the diet, including obesity, starvation and deficiency diseases"
<b>Drugs alcohol and tobacco</b>																			
the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions	Y		Y	y						Y									"*Health the effects of recreational drugs (including substance misuse) on behaviour, health and life processes"
the law relating to the supply and possession of illegal substances	Y									Y									
the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood	Y			y						Y			y						"*Health the effects of recreational drugs (including substance misuse) on behaviour, health and life processes"
the physical and psychological consequences of addiction, including alcohol dependency	Y			y						Y			y						
awareness of the dangers of drugs which are prescribed but still present serious health risks	Y			y									y						









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the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships	Y	Y					Y												
how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online)	Y	Y																	
<b>Intimate and sexual relationships, including sexual health</b>																			
how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship	Y																		
that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing	Y						Y												**Health, disease and the development of medicines the relationship between health and disease"
the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women				y			Y												**Reproduction the effect of maternal lifestyle on the foetus through the placenta"
that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Y																		
that they have a choice to delay sex or to enjoy intimacy without sex	Y						Y												
the facts about the full range of contraceptive choices, efficacy and options available	Y			y			Y												*hormones in human reproduction, hormonal and non-hormonal methods of contraception
The facts around pregnancy including miscarriage**	Y			y			Y				y								

