

**Intent:**

To ensure opportunities to learn about hygiene, health, our country and being part of the community.

		Cycle A (2023-24)	Cycle B (2024-25)	Cycle C (2025-26)
Autumn	1	<ul style="list-style-type: none"> <li><b>Healthy Diet &amp; Hygiene</b> <i>To gain an understanding of what constitutes a healthy diet, planning and preparing healthy meals, and to understand the importance of hygiene, germs, bacteria and viruses.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Maintaining Physical Health</b> <i>To understand the characteristics and evidence of what constitutes a healthy life, and the positive connection between physical and mental health.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Maintaining Mental and Emotional Health and Well-Being</b> <i>Understanding how to talk about feelings, common types of mental ill-health and factors which have positive and negative impact on mental health.</i></li> </ul>
	2	<ul style="list-style-type: none"> <li><b>Healthy Relationships (RSE)</b> <i>Understanding the characteristics of positive and healthy relationships.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Healthy Relationships (RSE)</b> <i>Understanding the characteristics of positive and healthy relationships.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Healthy Relationships (RSE)</b> <i>Understanding the characteristics of positive and healthy relationships.</i></li> </ul>
Spring	1	<ul style="list-style-type: none"> <li><b>Things that Affect Health</b> <i>To explore how many things such as drugs, alcohol and tobacco, can affect health and well-being.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Managing Risks</b> <i>Gain an understanding of risks within the home, workplace and community.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Making Informed Choices &amp; The Law</b> <i>To gain and understanding of the law within England and understanding good and bad choices and consequences of decisions.</i></li> </ul>
	2	<ul style="list-style-type: none"> <li><b>British Values</b> <i>To learn about British Values and apply within daily life.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Rights and Responsibilities</b> <i>To explore and understand rights and responsibilities of citizens.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Staying Safe (Including Online)</b> <i>To learn about staying safe online, social media and reporting concerns.</i></li> </ul>
Summer	1	<ul style="list-style-type: none"> <li><b>First Aid</b> <i>To gain an understanding of basic treatment for common injuries and lifesaving skills.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Understanding Self</b> <i>To develop self -esteem and confidence and understand activities and choices that impact positively on overall health.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Equality &amp; Diversity</b> <i>To understand the nine protected characteristics.</i></li> </ul>
	2	<ul style="list-style-type: none"> <li><b>Families</b> <i>To understand families and roles and responsibilities within a family.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Managing Finances</b> <i>To develop an understanding of personal finance and managing a budget.</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Health Prevention</b> <i>To gain an understanding of illness, sleep, and the importance of health-related check-ups.</i></li> </ul>