

Westbrook Old Hall Primary: KS1/KS2 Relationships and Health Education (RHE) - Curriculum Programme of Study (Parental Consultation)

	Autumn 1		Autumn 2		Spring 1		Spring 2	Summer 1		Summer 2	
	HT1 Relationships	HT1 Health and Wellbeing	HT2 Relationships	HT2 Health and Wellbeing	HT3 Relationships	HT3&4 Health and Wellbeing		HT5 Health and Wellbeing	HT6 Health and Wellbeing	HT6 Living in the Wider World	
Compulsory Relationships and Health Education Topics to be Covered	Families and People who Care for Me (R1) (W1-2) Caring Friendships (R2) (W3-4)	Physical Health and Fitness (Part-1) (HW3) (W5) Healthy Eating (HW4) (W6-7)	Respectful Relationships (R3) (W2-3) (including Anti-Bullying)	Drugs, Alcohol and Tobacco (HW5) (W5-6) Changing Adolescent Body (HW8) (W7-8)	Being Safe (R5) (W1-2) On-Line Relationships (R4) (W3-4)	Internet Safety and Harms (HW2) (W5-6)	Health and Prevention (HW6) (W1-3) Basic First Aid (HW7) (W4-6)	Mental Health and Wellbeing (HW1) (W1-6) WHOLE HALF-TERM FOCUS	Physical Health and Fitness (Part-2) HW3 (W2-3)	Fundamental British Values/Core Values – Belonging to a Community (L1) (Ongoing Throughout year) Money (L2) (W1 & WKS 4-7)	
Planned Weeks	Arts Week	Week	Anti-Bullying Week	Week	NSPCC PANTS Week Yr 2 Residential Tattenhall Internet Safety Week		YR 5 Residential Robin Wood Mental Health Nurses	Mental Health Week	Sports Week Yr 6 Residential York Personal Finance Week		
FBV (Living in the Wider World)	Democracy		Rule of Law		Individual Liberty Freedom for All		Mutual Respect		Tolerance of Those with Different Faiths and Beliefs		Review of All FBV's
VALUES	S - Appreciation	O – Co-operation	N - Freedom	D - Happiness	J - Hope	F - Love	M - Peace	A - Respect	M - Simplicity	J - Tolerance	J - Understanding
	S - Caring	O – Courage	N - Friendship	D - Honesty	J - Humility	F - Patience	M - Quality	A - Responsibility	M - Thoughtfulness	J - Trust	J - Unity

Relationships and Health Education - Long Term Plan (Parental Consultation)

	Autumn 1 - 2				Spring 1 - 2			Summer 1 - 2		
	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing		Health and Wellbeing	Health and Wellbeing	Living in the Wider World
Early Years Foundation Stage	<p>R1. Families and People Who Care for Me My Special People.</p> <p>R2. Caring Friendships Taking turns.</p>	<p>HW3. Physical Health and Fitness Understanding importance of physical fitness for good health.</p> <p>HW4. Healthy Eating Understanding importance of a healthy diet for good health.</p>	<p>R3. Respectful Relationships (including Anti-Bullying) Recognising what is the same/ different?</p>	<p>HW5. Drugs Alcohol and Tobacco Behaving safely.</p> <p>HW8. Changing Adolescent Body. Managing basic hygiene and personal needs successfully.</p>	<p>R5. Being Safe Forming positive relationships with adults/other children. (NSPCC PANTS)</p> <p>R4. On-Line Relationships N/A</p>	<p>HW2. Internet Safety and Harms Selecting and using technology for particular purposes, following necessary rules.</p>	<p>HW6 Health and Prevention Successfully managing own basic personal hygiene.</p> <p>HW7 Basic First Aid Children able to talk about ways to keep healthy and safe.</p>	<p>HW1. Mental Health and Wellbeing Showing/talking about our own and others feelings/behaviour.</p>	<p>HW3. Physical Health and Fitness 5-day Sports Week/ associated mixed year group Pastoral Care activities.</p>	<p>L1. Fundamental British Values/ Core Values – Belonging to a Community FBV throughout the year.</p> <p>Similarities and differences in my own immediate environment.</p>
	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing		Health and Wellbeing	Health and Wellbeing	Living in the Wider World
Year 1	<p>R1. Families and People Who Care for Me Why are families and groups important for love, security and stability?</p> <p>R2. Caring Friendships Choosing and making friends.</p>	<p>HW3. Physical Health and Fitness Characteristics and mental/physical benefits of a healthy lifestyle.</p> <p>HW4. Healthy Eating Healthy eating and dental health.</p>	<p>R3. Respectful Relationships (including Anti-Bullying) Showing respect and accepting difference. Unique but all the same. Different types of teasing and bullying and how to get help.</p>	<p>HW5. Drugs Alcohol and Tobacco Things around the house that can harm and or help me.</p> <p>HW8. Changing Adolescent Body about growing and changing. How am I responsible for myself in Year 1?</p> <p><i>'Sex' education, as per Science Curriculum</i></p>	<p>R5. Being Safe The difference between secrets and nice surprises; our bodies (NSPCC PANTS)</p> <p>R4. On-Line Relationships Know that people sometimes behave differently on line.</p>	<p>HW2. Internet Safety and Harms The benefits of the Internet. Limiting time on-line. Age appropriate content and apps.</p>	<p>HW6 Health and Prevention The importance of personal hygiene, including Covid rules and precautions.</p> <p>HW7 Basic First Aid 'Special people' who look after and protect me.</p>	<p>HW1. Mental Health and Wellbeing Identify, describe and manage a range of emotions appropriate to given situations, using helpful vocabulary. Simple strategies for managing feelings and emotions.</p>	<p>HW3. Physical Health and Fitness 5-day Sports Week/ associated mixed year group Pastoral Care activities.</p>	<p>L1. Fundamental British Values/ Core Values – Belonging to a Community FBV throughout the year.</p> <p>L2. Money Where does money come from? What do I/others need it for?</p>
	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing		Health and Wellbeing	Health and Wellbeing	Living in the Wider World
Year 2	<p>R1. Families and People Who Care for Me Characteristics of a healthy family life.</p> <p>R2. Caring Friendships Characteristics of friendships; support with friendship difficulties.</p>	<p>HW3. Physical Health and Fitness The importance of building regular exercise into my daily and weekly routines.</p> <p>HW4. Healthy Eating Planning a healthy meal (link to D&T).</p>	<p>R3. Respectful Relationships (including Anti-Bullying) Building respectful relationships and celebrating difference. How bullying makes people feel and how to get help.</p>	<p>HW5. Drugs Alcohol and Tobacco Substances that help me and others (particularly if children in class with asthma/diabetic medicine etc.).</p> <p>HW8. Changing Adolescent Body How am I responsible for myself in Year 2?</p> <p><i>'Sex' education, as per Science Curriculum</i></p>	<p>R5. Being Safe The concept of 'privacy'. Not keeping secrets that make me feel uncomfortable. (NSPCC PANTS)</p> <p>R4. On-Line Relationships Being respectful of others online. When to say yes, no, I'll ask and I'll tell.</p>	<p>HW2. Internet Safety and Harms Age appropriate games and Apps. Limiting time on-line.</p>	<p>HW6 Health and Prevention How some diseases are spread. Simple skills to help prevent diseases spreading.</p> <p>HW7 Basic First Aid How to contact 'special' people when I need their help, including dialling 999 in an emergency.</p>	<p>HW1. Mental Health and Wellbeing Develop simple strategies for managing my feelings across a range of emotions (happiness, anger, fear, surprise, sadness, nervousness). Linking physical activity and rest with positive mental well-being.</p>	<p>HW3. Physical Health and Fitness 5-day Sports Week/ associated mixed year group Pastoral Care activities.</p>	<p>L1. Fundamental British Values/ Core Values – Belonging to a Community FBV throughout the year.</p> <p>L2. Money The role that money plays in mine and others' lives. What jobs do people do?</p>

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Year 3	<p>R1. Families and People Who Care for Me ‘Different families have the same love’.</p> <p>R2. Caring Friendships Healthy friendships. Leaving no one out – feeling lonely and isolated.</p>	<p>HW3. Physical Health and Fitness Positive and negative impacts on physical, mental and emotional health.</p> <p>HW4. Healthy Eating Making sensible choices about food – focus on diet for healthy teeth and gums.</p>	<p>R3. Respectful Relationships (Including Anti-Bullying) The conventions of courtesy and manners. Asking: is it rude? Is it mean? Is it bullying?</p>	<p>HW5. Drugs Alcohol and Tobacco Substances that can damage my health or help me (particularly if children in class with asthma/diabetic medicine etc.)</p> <p>HW8. Changing Adolescent Body How am I responsible for myself in Year 3? <i>‘Sex’ education, as per Science Curriculum</i></p>	<p>R5. Being Safe Appropriate boundaries in friendships with peers and others. (NSPCC PANTS)</p> <p>R4. On-Line Relationships The rules and principles for keeping safe online.</p>	<p>HW2. Internet Safety and Harms The risks of excessive time spent on electronic devices. Why some games and on-line gaming are age restricted.</p>	<p>HW6 Health and Prevention Safe and unsafe exposure to the sun; good quality sleep and Dental health.</p> <p>HW7 Basic First Aid The range of services in the community that help us.</p>	<p>HW1. Mental Health and Wellbeing Recognise and talk about own and others emotions using varied appropriate vocabulary. Talk about isolation and loneliness. Link between physical exercise, good sleep and mental wellbeing/happiness.</p>	<p>HW3. Physical Health and Fitness 5-day Sports Week/ associated mixed year group Pastoral Care activities.</p>	<p>L1. Fundamental British Values/ Core Values – Belonging to a Community FBV throughout the year.</p> <p>L2. Money The role money plays in their own and others’ lives.</p>
	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing		Health and Wellbeing	Health and Wellbeing	Living in the Wider World
Year 4	<p>R1. Families and People Who Care for Me Stable, caring and diverse relationships</p> <p>R2. Caring Friendships Working through the ups and downs of friendship.</p>	<p>HW3. Physical Health and Fitness Making informed choices around a ‘balanced lifestyle’.</p> <p>HW4. Healthy Eating Understanding basic nutritional content and the benefits of eating a healthy diet.</p>	<p>R3. Respectful Relationships (Including Anti-Bullying) The importance of self-respect and strength of character. ‘Don’t Stand By; Stand Up!’ to bullying of any kind.</p>	<p>HW5. Drugs Alcohol and Tobacco Substances that can damage my health/help me/ others, (particularly if children in class with asthma/diabetic medicine etc.)</p> <p>HW8. Changing Adolescent Body How am I responsible for myself in Year 4? Gentle preparation for puberty, as needed. <i>‘Sex’ education, as per Science Curriculum</i></p>	<p>R5. Being Safe Understanding the importance of privacy in relation to their bodies. Not keeping secrets if they relate to being safe. NSPCC PANTS).</p> <p>R4. On-Line Relationships The importance/risks relating to personal information. How to respond and report it.</p>	<p>HW2. Internet Safety and Harms How to display respectful behaviour on line. Awareness of actions on others.</p>	<p>HW6 Health and Prevention Recognising and reducing the risk of sun damage; the effects of poor sleep; the importance of dental flossing.</p> <p>HW7 Basic First Aid How to make a clear and efficient call to emergency services. The Health and Safety Ambassadors and school rules about health and safety.</p>	<p>HW1. Mental Health and Wellbeing Managing appropriate and proportionate responses based on intensity of feelings, e.g. managing setbacks. Positive mental wellbeing and simple self-care techniques, including: sleep; time spent outdoors; time spent with family and enjoyment.</p>	<p>HW3. Physical Health and Fitness 5-day Sports Week/ associated mixed year group Pastoral Care activities.</p>	<p>L1. Fundamental British Values/ Core Values - Community FBV throughout the year.</p> <p>L2. Money How to manage my money. Money and the community – including charitable giving.</p>
	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing	Relationships	Health and Wellbeing		Health and Wellbeing	Health and Wellbeing	Living in the Wider World
Year 5	<p>R1. Families and People Who Care for Me Unhappy or unsafe family relationships, and how to seek help</p> <p>R2. Caring Friendships Who do I trust? Conflict resolution.</p>	<p>HW3. Physical Health and Fitness The risks associated with an inactive lifestyle (including obesity).</p> <p>HW4. Healthy Eating The relationship between the fuel/calories taken in, and calories burned off through exercise.</p>	<p>R3. Respectful Relationships (Including Anti-Bullying) Understanding identity and challenging stereotypes. Showing respect and being respected. Rights, responsibilities</p>	<p>HW5. Drugs Alcohol and Tobacco The facts/risks associated with legal and illegal substances.</p> <p>HW8. Changing Adolescent Body Key facts about puberty and the changing adolescent body (Jointly taught with School Nurse). <i>‘Sex’ education, as per Science Curriculum.</i></p>	<p>R5. Being Safe Recognising and reporting feelings of not being safe/feeling bad around any adult. How to ask for help and keep trying until heard. (UKS2 NSPCC SESSION)</p> <p>R4. On-Line Relationships Critically evaluating online friendships and sources of information, including distribution of images/ social media etiquette.</p>	<p>HW2. Internet Safety and Harms That the internet can also be a negative place. The respectable use of mobile phones and safe user habits.</p>	<p>HW6 Health and Prevention The risks of unsafe exposure to the sun; how viruses are spread/treated; and the importance of hand washing.</p> <p>HW7 Basic First Aid Concepts of basic first-aid. Basic emergency aid procedures. Focus on in-school support of their friends (asthma, diabetes; allergies, other).</p>	<p>HW1. Mental Health and Wellbeing Impact of bullying (including cyber-bullying) on mental wellbeing. Simple self-care techniques. To realise the consequences of anti-social, aggressive or harmful behaviours, on others, including singling people out for any reason.</p>	<p>HW3. Physical Health and Fitness 5-day Sports Week/ associated mixed year group Pastoral Care activities.</p>	<p>L1. Fundamental British Values/ Core Values – Belonging to a Community FBV throughout the year.</p> <p>L2. Money Initial understanding of the concepts of ‘interest’, ‘loan’, ‘debt’, and ‘tax’</p>

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Year 6	R1. Families and People Who Care for Me Committed relationships. Breaking up. Different families – same love. Marriage and Civil Partnerships.	HW3. Physical Health and Fitness Taking care of your body: rights, consent and abuse; how to get support.	R3. Respectful Relationships (Including Anti-Bullying) Personal boundaries and permission-seeking and giving	HW5. Drugs Alcohol and Tobacco That some substances are restricted, and some are illegal to own; use; and give to others.	R5. Being Safe Features of positive, stable relationships versus unhealthy ones; coercion versus consent; support services and how to access them. (UKS2 NSPCC SESSION)	HW2. Internet Safety and Harms How to be a discerning consumer of information. Fake News! Taking care about what you forward to others. Internet and the Law. Managing personal and random contacts.	HW6 Health and Prevention The importance of good quality sleep; hydration; the science relating to allergies, immunisation and vaccination.	HW1. Mental Health and Wellbeing What is making me anxious in and out of school? Recognising triggers, Simple strategies for maintaining mental wellbeing and happiness. Mental ill health and support available; transition to High School.	HW3. Physical Health and Fitness 5-day Sports Week/ associated mixed year group Pastoral Care activities.	L1. Fundamental British Values/ Core Values – Belonging to a Community Giving Back! FBV throughout the year.
	R2. Caring Friendships Recognising and managing unhealthy relationships; resisting peer pressure; character building.	HW4. Healthy Eating The risks of a poor or unhealthy diet/ Body image.	R3. Prejudice-based bullying; skills and strategies should I be targeted. Rights, responsibilities and the law. Equality and protected characteristics.	HW8. Changing Adolescent Body Top-up Puberty ‘surgery’ with school nurse. <i>Sex education as per Science Curriculum?</i>	R4. On-Line Relationships Resisting peer/media pressure to behave in unacceptable, risky ways. Social media etiquette.		HW7 Basic First Aid Concepts of basic first-aid; basic emergency aid procedures - focus on in-school support of their friends (asthma, diabetes, allergies, Tourette’s, etc.) and voluntary, community/ pressure groups in relation to Health and Wellbeing.		L2. Money Personal and ethical financial choices; consumer rights; enterprise skills. Careers and aspirations.	

Links to GSHS - Spiral Curriculum Key - YR7 PSHE Programme of Study (Provided by GSHS).

- Alcohol & drug education
- Careers/enterprise & personal finance
- Cyber awareness/Social relationships
- Diet & healthy lifestyles
- LGBT education & tackling discrimination
- On-Line Safety
- Mental Health
- Sex and relationships
- Stand-alone/Year specific topics

Topic links with local public health trends