



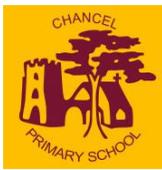
Reception		
AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>How to take turns, how to treat each other with kindness, consideration and respect. The importance of honesty and truthfulness. That they can achieve, stick at tasks, work towards long-term goals and persevere. Courtesy and good manners.</p> <ul style="list-style-type: none"> Families & People Who Care For Me Families are important for children growing up because they can give love, security and stability. Characteristics of healthy family life, commitment to each other, protection and care for all family members, the importance of spending time together and sharing each other's lives. Caring Friendships How important friendships are in making us feel happy/secure, and how people choose/make friends. Respectful Relationships The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. 	<p>For most people the internet is an integral part of life and has many benefits. About the benefits of balancing time spent on and offline.</p> <ul style="list-style-type: none"> Being Safe The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. Each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to respond safely and appropriately to adults they may encounter who they do not know. Mental Wellbeing There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. 	<p>Benefits of an active lifestyle. Healthy eating.</p> <ul style="list-style-type: none"> Health & Prevention Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage. The importance of sufficient sleep. Dental health and the benefits of good oral hygiene, including visits to the dentist. Personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing. Basic First Aid How to make a call to emergency services if necessary.



Year One		
AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>How to take turns, how to treat each other with kindness, consideration and respect. The importance of honesty and truthfulness. That they can achieve, stick at tasks, work towards long-term goals and persevere. Courtesy and good manners.</p> <ul style="list-style-type: none"> Families & People Who Care For Me Families are important for children growing up because they can give love, security and stability. Characteristics of healthy family life, commitment to each other, protection and care for all family members, the importance of spending time together and sharing each other's lives. Caring Friendships How important friendships are in making us feel happy/secure, and how people choose/make friends. Respectful Relationships The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. 	<p>For most people the internet is an integral part of life and has many benefits. About the benefits of balancing time spent on and offline.</p> <ul style="list-style-type: none"> Being Safe The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. Each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to respond safely and appropriately to adults they may encounter who they do not know. Mental Wellbeing There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. 	<ul style="list-style-type: none"> Health & Prevention Benefits of an active lifestyle. Healthy eating. Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage. The importance of sufficient good quality sleep for good health. Dental health and the benefits of good oral hygiene, including visits to the dentist. Personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing. Basic First Aid How to make a call to emergency services if necessary.



Year Two		
AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>How to take turns, how to treat each other with kindness, consideration and respect. The importance of honesty and truthfulness. That they can achieve, stick at tasks, work towards long-term goals and persevere. Courtesy and good manners.</p> <ul style="list-style-type: none"> Families & People Who Care For Me Others' families, sometimes look different from theirs, but they should respect those differences and know that other children's families are also characterised by love and care for them. Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Caring Friendships Characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties. Respectful Relationships The importance of self-respect and how this links to their own happiness. In school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. 	<p>For most people the internet is an integral part of life and has many benefits. About the benefits of balancing time spent on and offline and the impact of positive and negative content.</p> <ul style="list-style-type: none"> Being Safe The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. Each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. How to respond safely and appropriately to adults they may encounter who they do not know. Mental Wellbeing How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. 	<ul style="list-style-type: none"> Health & Prevention Benefits of an active lifestyle & Healthy eating. Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage. The importance of sufficient good quality sleep for good health. Dental health and the benefits of good oral hygiene, including visits to the dentist. Personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing. Basic First Aid How to make a clear and efficient call to emergency services if necessary.



Year Three		
AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>How to take turns, how to treat each other with kindness, consideration and respect. The importance of honesty and truthfulness. That they can achieve, stick at tasks, work towards long-term goals and persevere. Courtesy and good manners.</p> <ul style="list-style-type: none"> Families & People Who Care For Me Others' families, sometimes look different from theirs, but they should respect those differences and know that other children's families are also characterised by love and care for them. Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Caring Friendships Characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties. Respectful Relationships The importance of self-respect and how this links to their own happiness. In school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. What a stereotype is, and how stereotypes can be unfair, negative or destructive. 	<p>To consider the effect of their online actions on others and know how to recognise/display respectful behaviour online. Why social media, some computer games and online gaming, for example, are age restricted.</p> <ul style="list-style-type: none"> Being Safe How to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse. Where to get advice from e.g. family, school and/or other sources. Mental Wellbeing How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	<ul style="list-style-type: none"> Health & Prevention Characteristics and benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines. What constitutes a healthy diet. The principles of planning and preparing a range of healthy meals. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. Dental health and the benefits of good oral hygiene, including visits to the dentist. Personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing. Immunisations. Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.



Year Four		
AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>How to treat each other with kindness, consideration and respect. The importance of honesty and truthfulness. That they can achieve, stick at tasks, work towards long-term goals and persevere. Courtesy and good manners.</p> <ul style="list-style-type: none"> Families & People Who Care For Me Others' families, sometimes look different from theirs, but they should respect those differences and know that other children's families are also characterised by love and care for them. Recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. Caring Friendships Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Friendships have ups and downs, and that these can often be worked through so that the friendship is repaired/strengthened, and that resorting to violence is never right. Respectful Relationships Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. What a stereotype is, and how stereotypes can be unfair, negative or destructive. The importance of permission-seeking and giving in relationships with friends, peers and adults. 	<p>To consider the effect of their online actions on others and know how to recognise/display respectful behaviour online. Why social media, some computer games and online gaming, for example, are age restricted.</p> <ul style="list-style-type: none"> Being Safe How to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse. Where to get advice from e.g. family, school and/or other sources. Mental Wellbeing How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	<ul style="list-style-type: none"> Health & Prevention Characteristics and benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines. What constitutes a healthy diet. The principles of planning and preparing a range of healthy meals. The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. Dental health and the benefits of good oral hygiene, including visits to the dentist. Personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing. Immunisations. Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries.



Year Five		
AUTUMN TERM	SPRING TERM	SUMMER TERM
<ul style="list-style-type: none"> Families & People Who Care For Me Marriage/civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. Caring Friendships Friendships have ups and downs, and that these can often be worked through so that the friendship is repaired/strengthened, and that resorting to violence is never right. Recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed. Respectful Relationships People sometimes behave differently online, including by pretending to be someone they are not. The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. Rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. How information and data is shared and used online. 	<p>The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <ul style="list-style-type: none"> Mental Wellbeing Mental wellbeing is a normal part of daily life, in the same way as physical health. Benefits of physical exercise, time outdoors. Simple self-care techniques, and the benefits of hobbies and interests. Bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). It is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible. 	<ul style="list-style-type: none"> Health & Prevention The importance of building regular exercise into daily and weekly routines and how to achieve this, for example a daily active mile or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity). What constitutes a healthy diet (including understanding calories, and nutritional content). The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health). How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. ... Basic First Aid Concepts of basic first-aid, for example dealing with common injuries, including head injuries. Changing adolescent body Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.



Year Six		
AUTUMN TERM	SPRING TERM	SUMMER TERM
<p>How to treat each other with kindness, consideration and respect. The importance of honesty and truthfulness. That they can achieve, stick at tasks, work towards long-term goals and persevere. Courtesy and good manners.</p> <ul style="list-style-type: none"> Families & People Who Care For Me Marriage/civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. Caring Friendships Friendships have ups and downs, and that these can often be worked through so that the friendship is repaired/strengthened, and that resorting to violence is never right. Recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed. Respectful Relationships People sometimes behave differently online, including by pretending to be someone they are not. The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. Rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. How information and data is shared and used online. 	<p>The internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <ul style="list-style-type: none"> Being Safe How to ask for advice or help for self and for others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse. Where to get advice from e.g. family, school and/or other sources. Mental Wellbeing Mental wellbeing is a normal part of daily life, in the same way as physical health. Simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests. Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). It is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible. 	<ul style="list-style-type: none"> Drugs, alcohol & tobacco Facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. Health & Prevention The importance of building regular exercise into daily and weekly routines and how to achieve this, for example a daily active mile or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity). What constitutes a healthy diet (including understanding calories, and nutritional content). The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health). How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. Changing adolescent body Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.



Chancel Primary RSE & Health Education

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