

HEALTH AND RELATIONSHIPS CURRICULUM MAP

YEAR GROUP	TERM	TOPIC/THEME	EXAMPLES OF RESOURCES (TWINKL)
EYFS	AUTUMN	<p>Getting to know others: recall names; recognise similarities and differences between people in the class</p> <p>Emotions: Identify what is special about yourself; explore feelings about coming to school: nervous, sad etc</p> <p>Friends: recognise what makes a good friend; how to make friends and play with others</p> <p>Anti-bullying Week: recognise and respond to bullying</p> <p>Healthy living: keeping clean; healthy teeth</p> <p>Setting goals</p>	<p>e.g. EYFS > 'Jake's First Day' ebook</p> <p>e.g. EYFS > 'How to Brush your Teeth' sequencing cards</p>
	SPRING	<p>Living in the wider world: celebrate similarities and differences; recognise special people; understand different types of families; explore gender stereotypes; explain what charity is; understand why people donate to charities</p> <p>E-safety: understand how to stay safe online; explain how to get help if you're worried or scared</p> <p>Well-being: identify, manage and express a range of emotions; (PANTS: keeping safe - see below)</p>	<p>e.g. EYFS > 'My Friends and I' Similarities and Differences Circle Time Plan and Resources</p>
	SUMMER	<p><u>NURSERY</u></p> <p>Relationships: identify important and/or special people in your life; explain why you have friends and what makes a good friend</p> <p>Well-being: explore and understand the feeling of loss; identify what makes you happy or sad; explain how to manage difficult feelings</p> <p><u>RECEPTION</u></p> <p>Relationships: explore different types of families; identify special people and why they are special; begin to challenge and break basic gender stereotypes; understand what 'fair' and 'unfair' mean; identify things that are fair/unfair</p> <p>Well-being: understand how to keep yourself clean and why it is important; begin to prepare for change (transition to year 1) and explain that change is good</p>	<p>e.g. EYFS > Changes and New Beginnings > 'Transition from Reception to Year 1' Teaching Ideas Overview</p>

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YEAR 1	AUTUMN	<p>Healthy living: keeping teeth healthy; the difference between healthy and unhealthy food; having a varied diet; how to use medicines safely</p> <p>Anti-bullying week: identify different types of bullying and how to deal with them; what to do if they witness it</p> <p>Emotions: recognise and explain a range of positive and negative emotions</p> <p>Setting goals</p>	e.g. KS1 > 'Different Bullying Scenarios' ppt
	SPRING	<p>Living in the wider world: explain what charity is; understand why people donate to charities; explain the difference between 'want' and 'need'; celebrate achievements of others</p> <p>E-safety: explain how to keep safe online; identify who to talk to if you are worried or scared</p> <p>Well-being: explain how to keep safe at home; explain the difference between good and bad secrets (PANTS: see below)</p>	e.g. Age 5 - 7 > 'Dangers in the Kitchen' worksheet
	SUMMER	<p>Relationships: identify the qualities of a good friend; explain why good friends are important and how to make new friends; understand what a compliment is; explore different types of families</p> <p>Well-being: identify people and places that make you feel safe; explain why they make you feel safe; understand what 'bad' secrets are (PANTS: see below); explain how to keep yourself clean and why it is important</p>	e.g. Age 5 - 7 > 'Every Kind of Family' ppt

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YEAR 2	AUTUMN	<p>Healthy living: identify healthy and unhealthy foods; know what a healthy snack is; name the 5 food groups; know some foods in each group; know the importance of eating fruit and veg; know how to stay safe round harmful substances; know the risks linked to smoking</p> <p>Anti-bullying week: identify different types of bullying and how to deal with them; what to do if they witness it</p> <p>Friendships: explain what conflict is; how to stop it escalating and resolve it</p> <p>Setting goals</p>	e.g. KS1 > 'Healthy Eating Divided Plate' sorting activity
	SPRING	<p>Living in the wider world: explain what charity is; understand why people donate to charities; explain the difference between 'want' and 'need'; explore how your life is different to children in other countries; explore gender stereotypes</p> <p>E-safety: explain how to keep safe online; identify who to talk to if you are worried or scared</p> <p>Well-being: explain how to keep safe round fire; understand the risks associated with fire</p>	e.g. Age 5 - 7 > 'Fire Safety' ppt
	SUMMER	<p>Relationships: identify the qualities of a good friend; understand how you can be a good friend to others; understand what 'pride' means; identify what makes you proud and why it is important; explain what makes you proud of other people</p> <p>Well-being: How to keep safe (PANTS: see below); understand you have the right to say 'no' to unwanted touching; identify and name main body parts; understand the basic human life cycle</p>	e.g. Age 5 - 7 > Safety First: 'The Underwear Rule' Lesson Pack

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<p>YEAR 3</p>	<p>AUTUMN</p>	<p>Healthy living: explain how meals are made up of different food groups; understand how some foods cause tooth decay/how to prevent it; understand what drugs are and different types of drugs; explain the effects of passive smoking and caffeine</p> <p>Anti-bullying week: know and explain the difference between unkindness and bullying</p> <p>Friendships: explain what conflict is; how to stop it escalating and resolve it</p> <p>Democracy: know what democracy is and why it's important</p> <p>Setting goals</p>	<p>e.g. LKS2 > 'What is Democracy?' ppt</p>
	<p>SPRING</p>	<p>Living in the wider world: explain what charity is; understand why people donate to charities; explain the difference between 'want' and 'need'; explore how your life is different to children in other countries; explore gender stereotypes</p> <p>E-safety: explain how to keep safe online; identify who to talk to if you are worried or scared</p> <p>Well-being: explain how to keep safe round water; understand the risks associated with water (<i>linked to swimming lessons</i>)</p>	<p>e.g. Age 8 - 11 > 'Global Goals: Gender Equality Blether Stations'</p> <p>e.g. Age 8 - 11 > 'KS2 Water Safety' Resource Pack</p>
	<p>SUMMER</p>	<p>Relationships: identify the qualities of a good friend; understand what makes a healthy relationship; explore different types of families; have a basic understanding of what dementia is and its effect on loved ones</p> <p>Well-being: know that you have the right to say 'no' to unwanted touching (PANTS: see below); identify positive thoughts and how these can help you; know who you can go to for help or support when worried or scared</p>	<p>e.g. Age 8 - 11 > Relationships: 'Good Friends' Discussion and Sorting Cards</p>

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<p>YEAR 4</p>	<p>AUTUMN</p>	<p>Healthy living: explain how food gives us energy and the importance of nutrients; understand the dangers associated with smoking and alcohol</p> <p>Democracy: understand how democracy works in the UK</p> <p>Anti-bullying week: understand the role of the bully, bystander and victim in a bullying situation</p> <p>E-safety: think critically about information, people who try to talk to you and images online</p>	<p>e.g. LKS2 > 'Healthy Eating, Living and Nutrition' activity pack</p>
	<p>SPRING</p>	<p>Living in the wider world: explain what charity is; understand why people donate to charities; explain how to save money and the benefits of saving; explore the water crisis around the world; understand how gender stereotypes can label people and explain how to break them</p> <p>E-safety: explain how to keep safe online; identify who to talk to if you are worried or scared</p> <p>Well-being: explain how to keep safe round fire; understand the risks associated with fire</p>	<p>e.g. Age 8 - 11 > 'Global Goals: Gender Equality Blether Stations'</p> <p>e.g. KS2 'Fire Safety' ppt</p>
	<p>SUMMER</p>	<p>Relationships: identify the qualities of a good friend; understand what makes a healthy relationship; understand that you have 'rights' and 'responsibilities' in a friendship; understand and explain the basic human life cycle; have a basic understanding of what dementia is and its effect on loved ones</p> <p>Well-being: understand what a 'growth mind-set' is and how it can help you; understand gender discrimination and how to challenge/break it</p>	<p>e.g. Year 4 > Friends: 'Friendship and What It Means' ppt</p>

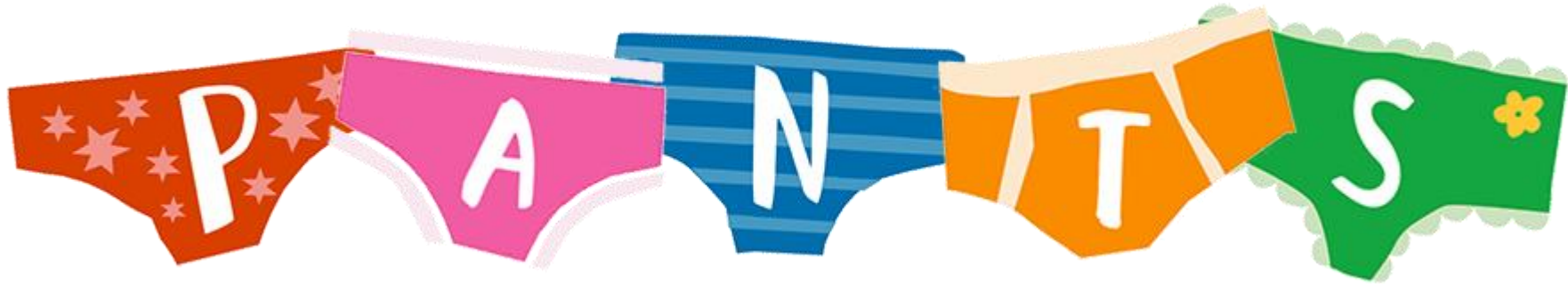
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YEAR 5	AUTUMN	<p>Healthy living: explain what makes a healthy meal; the importance of nutrients/fibre, hydration and portion control; understand food labelling; explore risks of drug-taking; challenge misconceptions and peer pressure</p> <p>Democracy: understand what makes a situation fair or unfair</p> <p>Anti-bullying week: explain how being excluded can affect people; what to do if they are being bullied/witness bullying</p> <p>Setting goals</p>	e.g. Year 5 > 'Harmful Substances' lesson pack
	SPRING	<p>Living in the wider world: explain what charity is; understand why people donate to charities; understand that deductions are taken from payslips and the importance of budgeting; explain what migration is and why people migrate; understand how gender stereotypes can label people and explain how and why to challenge them</p> <p>E-safety: explain how to keep safe online; identify who to talk to if you are worried or scared</p> <p>Well-being: explain how to keep safe round roads/when cycling; understand the risks associated when on public roads</p>	e.g. Age 8 - 11 > Money Matters: Financial education, budgeting and value for money
	SUMMER	<p>Relationships: identify the qualities of a good friend; understand what makes a healthy relationship; explain what it means to 'belong' and why it is important; identify places where you feel you belong</p> <p>Well-being: explore the emotional and physical changes that happen during puberty; have some understanding of the difference between male and female puberty; know the stages of the human life cycle and the changes that happen at each stage; understand the importance of personal hygiene; understand the benefits of a 'growth mind-set' and how to develop one</p>	e.g. Age 8 - 11 > Citizenship: 'My Community' ppt, 'In My Community. Activity Booklet (SCHOOL NURSE)

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YEAR 6	AUTUMN	<p>Healthy living: understand the importance of exercise; explain the risks associated with alcohol, cannabis and substance abuse</p> <p>Democracy: understand how a Parliamentary debate takes place</p> <p>Anti-bullying week: understand and explain difference and similarities</p> <p>E-safety: think critically about information, people who try to talk to you and images online</p>	e.g. Year 6 > 'Keep IT Safe' lesson pack
	SPRING	<p>Living in the wider world: explain what charity is; understand why people donate to charities; understand different jobs have different salaries; explore what 'value for money' means; understand why some people may be homeless and challenge stereotypes about homelessness; understand and challenge gender stereotyping</p> <p>E-safety: explain how to keep safe online; identify who to talk to if you are worried or scared</p> <p>Well-being: identify risks that you may face online and/or outside; understand what risky behaviours are</p>	e.g. UKS2 'Special Report: Homelessness Daily News' ppt
	SUMMER	<p>Relationships: identify the qualities of a good friend; understand what makes a healthy, successful relationship; know that there are different types of relationships; explore positive and negative ways of communicating in a relationship; know the types of difficulties people with dementia may experience, and where you can get support</p> <p>Well-being: explore the emotional and physical changes that happen during puberty; have greater understanding of the difference between male and female puberty; understand the importance of personal hygiene; understand the benefits of a 'growth mind-set' and how to develop one</p>	<p>e.g. Age 8 - 11 > Year 6 > VIPs:</p> <p>All about healthy relationships, conflict, peer pressure, secrets and dares</p> <p>(SCHOOL NURSE)</p>

What are the **PANTS** rules?



- ✓ **P** Private parts are private
- ✓ **A** Always remember your body belongs to you
- ✓ **N** No means no
- ✓ **T** Talk about secrets that upset you
- ✓ **S** Speak up, someone can help

(NSPCC initiative)