

Early Years

Our Day

To consider the routines and patterns of a typical day
Understand some areas in which the children can look after themselves e.g. dressing and undressing

Relationships:

Sex:

Health:

Links:

Keeping Ourselves Clean

To understand why hygiene is important
Explain why it is important to keep clean
Understand some basic hygiene routines

Relationships:

Sex:

Health:

Families

To recognise that all families are different
Identify different members of the family
Understand how members of the family can help each other

Relationships:

Sex:

Health:

Links:

Myself and Others

To recognise some feelings
To recognise that their behavior affects other people, especially when angry

Relationships:

Sex:

Health:

Links:

Year 1

Feelings

That 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

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

Relationships:

Sex:

Health:

Links:

Body Parts

Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Relationships:

Sex:

Health:

Links: Science objective

Friendships

- 1) How important friendships are in making us feel happy and secure, and how people choose and make friends
- 2) The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
- 3) That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- 4) That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right

Relationships:

Sex:

Health:

Links:

Choices

- To recognise most children make choices
- To understand that they have choices
- To recognise that some choices will be wrong and some will be right
- To recognise that choices and responses will be affected by different factors

To identify a simple way to make decisions
(include questions about safe and unsafe exposure to the sun and relating to getting good quality sleep)

Relationships:

Sex:

Health:

Links:

Families

Families can be very different from one another but these differences should be celebrated and respected. Love and care is a key feature in families. Marriages (available to both opposite and same sex couples) and civil partnerships are recognise a life long commitment to each other. That families are important for children growing up because they can give love, security and stability
The characteristics of healthy family life: commitment to each other, including in times of difficulty; protection and care for children and other family members; the importance of spending time together and sharing each other's lives

Relationships:

Sex:

Health:

Links: RE lesson on marriages and ceremonies (to come after)

Marriages

Families can be very different from one another but these differences should be celebrated and respected. Love and care is a key feature in families. Marriages (available to both opposite and same sex couples) and civil partnerships are recognise a life long commitment to each other.

Relationships:

Sex:

Health:

Links: RE lessons on marriage and ceremonies

Year 2

Myself and Others (Similarities and Differences)

The importance of respecting others, even when they're very different (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs

To recognise we have similarities to others, even when we think we are different

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

That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they're worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online

Isolation and loneliness can affect children and that it's very important for children to discuss their feelings with an adult and seek support

Relationships:

Sex:

Health:

Links: PE – dance to 'This Is Me' with talk about being difference and loneliness

Geography investigation comparing Barnes to a Japanese village

English unit – Something Else

Differences boys and girls, males and females (2 lessons)

What a stereotype is, and how stereotypes can be unfair, negative or destructive

Naming the different body parts of boys and girl and men and woman

Comparing different animals, how can you tell if they are male or female?

Relationships:

Sex:

Health:

Links: Science links – health and growth

Mental Health (2 lessons)

The importance of self-respect and how this links to their own happiness

That mental wellbeing is a normal part of daily life, in the same way as physical health

The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness

Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests

Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they're worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)

It's common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

That 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

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

Relationships:

Sex:

Health:

Links: Science (Healthy lifestyles including info on healthy eating, hygiene and fitness)

PE – dance to 'This Is Me' with talk about being difference and loneliness

Everyone needs caring for

How important friendships are in making us feel happy and secure, and how people choose and make friends

Practical steps they can take in a range of different contexts to improve or support respectful relationships

Understand the importance of relationships with family and friends and how to look after other people.

Identify that people need caring for and the ways in which they can help look after themselves, other and objects.

Relationships:	Sex:	Health:
Links:		
Looking after the body (Science Topic)		
<p>The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise</p> <p>The risks associated with an inactive lifestyle (including obesity)</p> <p>What constitutes a healthy diet</p> <p>How and when to seek support including which adults to speak to in school if they're worried about their health</p> <p>The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p> <p>About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist</p> <p>About personal hygiene and germs including bacteria, viruses, how they're spread and treated, and the importance of handwashing</p>		
Relationships:	Sex:	Health:
Links: Science topic on healthy living		

Additional personal development day every 2 years in KS1 covering:

Caring Friendships Lessons

- How important friendships are in making us feel happy and secure, and how people choose and make friends
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

Mindfulness

- That mental wellbeing is a normal part of daily life, in the same way as physical health
- That 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
- Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests

Families

- That families are important for children growing up because they can give love, security and stability
- The characteristics of healthy family life: commitment to each other, including in times of difficulty; protection and care for children and other family members; the importance of spending time together and sharing each other's lives
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- That marriage (available to both opposite and same sex couples) and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Appropriate behaviours

- How to judge whether what they're feeling and how they're behaving is appropriate and proportionate. Size of the problem.
- How to handle anger and sadness.

Year 3

Self Esteem

To recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goal

Recognise that pressure to do something can come from others or from within themselves

Recognise that there can be positive and negative pressure

Explain that negative pressure is when someone feels pressured to do something that is or may become unhealthy, dangerous or that feels

Relationships:

Sex:

Health:

Links:

Citizenship

That 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

Relationships:

Sex:

Health:

Links: English – The Happy Prince

Family Differences

To explore different types of families are different and who to go to for help and support

That families are important for children growing up because they can give love, security and stability

The characteristics of healthy family life: commitment to each other, including in times of difficulty; protection and care for children and other family members; the importance of spending time together and sharing each other's lives

That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care

That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up

That marriage (available to both opposite and same sex couples) and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong

How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Relationships:	Sex:	Health:
Links:		
Secrets (safety)		
<p>About the concept of privacy and the implications of it for both children and adults, including that it's not always right to keep secrets if they relate to being safe</p> <p>Where to get advice (eg family, school and/or other sources)</p> <p>Identify different types of touch that people like and do not like</p> <p>Understand personal space</p> <p>Talk about ways of dealing with unwanted touch</p>		
Relationships:	Sex:	Health:
Links:		
Managing Risks / Decision Making		
<p>Give examples of what is meant by risk, danger and hazard ·</p> <p>Identify potential risk in different familiar situations</p> <p>Identify whether a risk is appropriate for them to manage themselves</p> <p>Describe or demonstrate how to manage risk safely (e.g. crossing the road)</p> <p>Identify where they can get help if they feel a situation is risky or dangerous</p>		
Relationships:	Sex:	Health:
Links:		

Year 4

Growing and Changing

Describe the main stages of the human life cycle

Describe the body changes that happen when a child grows up

Relationships:

Sex:

Health:

Links: Science unit: Animals including humans: describe the changes as humans develop to old age

Body Changes and Reproduction (2 lessons)

What is Puberty?

Know that during puberty the body changes from a child into a young adult

Understand why the body changes at puberty

Identify some basic facts about pregnancy

Know the physical changes that happen in puberty

Know that each person experiences puberty differently

Relationships:

Sex:

Health:

Links: Science unit: Animals including humans- non statutory (They should learn about the changes experienced in puberty)

Thinking, Feeling, Doing – Changing Relationships

Children to learn strategies to deal with feelings in the context of a relationship

To identify feelings and understand how they affect behavior

Show awareness that feeling change during puberty and these changes can affect our relationships

Empathise with other people's feelings, including parents and carers

Relationships:

Sex:

Health:

Links:

Assertiveness

To understand and be able to use assertiveness skills.

To have practiced being assertive in different situations

How to recognise and report feelings of being unsafe or feeling bad about any adult

How to ask for advice or help for themselves or others, and to keep trying until they're heard

Relationships:

Sex:

Health:

Mental Health

That mental wellbeing is a normal part of daily life, in the same way as physical health

That 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

How to judge whether what they're feeling and how they're behaving is appropriate and proportionate

The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness

Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests

Isolation and loneliness can affect children and that it's very important for children to discuss their feelings with an adult and seek support

That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing

Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they're worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)

It's common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

Relationships:

Sex:

Health

Links:

Healthy Eating

What constitutes a healthy diet (including understanding calories and other nutritional content)

The principles of planning and preparing a range of healthy meals

The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay)

Relationships:

Sex:

Health:

Links: Food technology: Making a healthy snack Science –digestive system, food groups and teeth.

Citizenship

How Barnes Primary School is being more sustainable?

How can people harm or improve the environment?

How has the environment changed in the last 100 years?

Relationships:

Sex:

Health

Links: Theme of Change, geography and computing focus

Year 5

Talking about Puberty

Explain the main physical and emotional changes that happen during puberty
Ask questions about puberty with confidence

Relationships:

Sex:

Health:

Links: Science

Becoming Men and Women Puberty

To understand male and female puberty changes in more detail
Understand how puberty affects the reproductive organs
Describe how to manage physical and emotional change

Relationships:

Sex:

Health:

Links: Science

Puberty and Hygiene

To explore the impact of puberty on the body and the importance of physical hygiene
To explore ways to get support during puberty
understand that menstruation and wet dreams are a normal part of growing up
Explain and ask questions about menstruation and wet dreams
Describe how to manage periods and wet dreams

Relationships:

Sex:

Health:

Links:

Citizenship

That 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

Relationships:

Sex:

Health:

Links:

Building Good Relationships

To discuss what values are important in relationships
To identify positive qualities and expectations for a variety of relationships
To appreciate the importance of friendships in intimate relationships
How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

Relationships:

Sex:

Health:

Links:

Health and Prevention

How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body
The facts and science relating to immunisation and vaccination

Relationships:

Sex:

Health:

Links:

Year 6

Puberty and Reproduction

Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

About menstrual wellbeing including the key facts about the menstrual cycle

Talk about puberty and reproduction with confidence

Relationships:

Sex: Non-compulsory

Health:

Links:

Understanding Relationships

Discuss different types of adult relationships with confidence

Consider physical and emotional behavior in relationships

Know what form of touching is appropriate

Know some basic facts about pregnancy and conception

Relationships:

Sex:

Health:

Links:

Conception and Pregnancy

Draw on knowledge of the human life cycle set out in science lessons to explain how a baby is conceived and born

To explore the process of conception and pregnancy

Describe the decisions that have to be made before having a baby

Know some basic facts about pregnancy and conception

Know some basic facts about safe sex

Relationships

Sex: Non-compulsory

Health:

Links:

Taking Risks

To understand that risk taking involves a choice.
 Taking a risk has both positive and negative outcomes.
 to face new challenges positively by collecting information, looking for help, making responsible choices, and taking action

Relationships:

Sex:

Health:

Links:

Alcohol and Drug Education

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking
 To understand that risk taking involves a choice.

Relationships:

Sex:

Health:

Links: science curriculum

Saving Londoners' Lives is an annual day where the children learn first aid. The children recap all previous learning in a whole school assembly.

Year	First Aid Topic
Year 1	Conscious Casualty
Year 2	Unconscious Casualty
Year 3	Serious Bleeding
Year 4	Choking
Year 5	Suspected Heart Attack
Year 6	Cardiac Arrest