

Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Healthy Lifestyles		Drug Awareness	Community	Relationships	
1x 30 minutes Weekly Citizenship Assemblies in KS1 and KS2 (Elements also covered through curriculum, taking opportunities to discuss aspirations and good and global citizens)					

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
FS	Healthy Lifestyles Me and Looking After Myself This is me. I am healthy! <i>Hfl 4-5 p1</i>	Healthy Lifestyles Keeping Myself Safe Stranger Danger. Little Red Riding Hood. Road Safety	Jed and Ted Household substances, medicines, healthy choices finding your 'no'	Me and my Community New people, new places, new things to do. Hfl 4-5 p102.	Me, my family and Friends My special possessions <i>Hfl4-5 p48</i>	Me and my Relationships Me a special person <i>Hfl4-5 p168-173</i>
Y1	Healthy Lifestyles Me and looking after myself What I can do when I am healthy. When I'm not so healthy. What I can do to keep healthy. <i>Hfl 4-5 p20-41</i>	Healthy Lifestyles Keeping Myself Safe New People/New Places & People who look After Us. <i>HFL 4-5 p96-107</i> Visit from Nurse or Police Officer	Jed and Ted Medication safety Making healthy choices, Visiting the doctor Smoking and passive smoking	Me and My Community Understanding Rules, how my behaviour affects others. Hfl 4-5 p 96-107	Me, my family and Friends Friendship and Friendship Problems. <i>Hfl 4-5 P54-59</i> Finding Solutions to Friendship Problems <i>Hfl 4-5 p84</i>	Me and my Relationships About me - Family networks, school networks. <i>HFL4-5 p174-180</i>
Y2	Healthy Lifestyles Me and Looking After Myself What my body is like. Keeping My body Healthy. Balancing the needs of my body. <i>Hfl 6-7 P12-29</i>	Healthy Lifestyles Keeping Myself Safe Keeping my feelings safe and People we Trust <i>Hfl 6-7 p156-161</i>	Jed and Ted Illness and medicine safety, Smoking Staying safe with substances	Me and My Community Understanding communities, different communities, my environment. Hfl 6-7 p108-125.	Me, my family and Friends What all humans do, how it feels to be someone else <i>Hfl 6-7 p60-65</i> Other peoples special days. <i>Hfl 6-7 p96</i>	Me and my Relationships Dealing with problems, co-operation. <i>Hfl 7-8 p174-180</i>
Y3	Healthy Lifestyles Me and Looking After Myself My daily health routines. Keeping my skin healthy. Healthy on the inside. <i>HFL 6-7 p P30-48</i>	Healthy Lifestyles Keeping Myself Safe Accidents and Aftermath and Wherever you go. <i>Hfl 6-7 p162-173</i>	Jed and Ted Effects of alcohol on the brain How others' drinking and smoking affects us Addiction	Me and My Community Bullies, bullying and bystanders Hfl 6-7 p132.	Me, my family and Friends Feeling happy, safe, good. Dealing with upset and difficult situations <i>Hfl 8-9 (p60-66)</i>	Me and my Relationships Conflicts and Quarrels Hfl 8-9 p174
Y4	Healthy Lifestyles Me and Looking After Myself Healthy People, Change and Responsibility, Everyday health needs / What not so healthy means. <i>Hfl 8-9 p12-30.</i>	Healthy Lifestyles Keeping Myself Safe Staying Safe and Judging Dangers Hfl 8-9 P156-167	Jed and Ted Why do people smoke? Peer influence and resisting pressure My body, My Choice - a class health charter	Me and My Community Where health workers work, valuing all people, finding and asking for help. Hfl 8-9 p102-119.	Me, my family and Friends My special people, managing change <i>Hfl p90-96</i>	Me and my Relationships Liking and Loving Making Up Hfl 8-9 p180-end book.
Y5	Healthy Lifestyles Me and Looking After Myself Healthy heart/body maintenance/ what happens when I'm ill <i>Hfl 10-11 P12-24</i>	Healthy Lifestyles Keeping Myself Safe I can make choices, reviewing safety skills. Hfl 10-11 P150-161	Jed and Ted The effects of drugs Why do people use drugs? Skills for risk situations Friendships and expectations	Me and My Community Living in My Neighbourhood and Community Groups Hfl 10-11 p102 +108.	Me, my family and Friends Relationship with relations, How does my family see me? Hfl 10-11 p 48-59 <i>Puberty Talk Boys/Girls School Nurse.</i>	Me and my Relationships Debating Anger: Debate! Hfl 10-11 p 168
Y6	Healthy Lifestyles Me and Looking After Myself Body image review Hfl p24-30. Include media representations of men and women. What is a healthy role model?	Healthy Lifestyles Keeping Myself Safe Increasing Responsibilities / Best Use of Leisure Time / My Lifestyle HFL 10-11 p30-42 World of Work programme	Ted and Jed Attitudes and opinions about drug use Media Treatment of Drugs Drugs and the Law	Me and My Community People Needing Special Help HFL p114 Rights and Responsibilities HFL 10-11 p120	Me, my family and Friends People Who are Different HFL 10-11 p 84 (Including racism, stereotyping, homophobia).	Me and my Relationships <i>SRE School Nurse Sex and Relationships Talk</i> Talking Intimately About Me HFL 10-11 p90.

PSHE through Science

<p align="center">Key Stage One</p> <p>External parts of body Understand that animals, including humans, have offspring which grow into adults Basic needs of animals, including humans, for survival (water, food and air) Exercise and diet Hygiene</p>	<p align="center">Year 3</p> <p>Movement and nutrition</p>	<p align="center">Year 4</p> <p>Healthy Lifestyles - Teeth and Eating Digestion</p>	<p align="center">Year 5</p> <p>Reproduction in plants and animals Ageing in humans</p>	<p align="center">Year 6</p> <p>Recognise the impact of diet, exercise, drugs and lifestyle on the way that bodies function</p>
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PSHE offsite visits and visitors to school

<p align="center">Foundation Stage</p> <p>Life Education bus</p>	<p align="center">Year 1</p> <p>Life Education bus</p>	<p align="center">Year 2</p> <p>Life Education bus</p>	<p align="center">Year 3</p> <p>Change for Life programme (Spring term)</p>	<p align="center">Year 4</p> <p>Change for Life programme (Spring term)</p>	<p align="center">Year 5</p> <p>Childline workshops School Nurse</p>	<p align="center">Year 6</p> <p>Childline workshops IMPS visit to QMC School Nurse Streetaware programme</p>
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