**Curriculum Overview – Brief**

**Key Stage One**

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| **Curriculum themes** | **Ks1 Healthy Workshop** | **KS1 Fun Fitness Session** |
| Science |  |  |
| * Body parts (including skeleton)
* Senses
* Needs of animals and humans: water, food…)
* Importance of exercise
* Eating the right amounts of different types of food
* Hygiene
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| **PSHE** |  |  |
| * Making healthy choices
* Importance of physical activity
* Importance of rest
* Dental health
* Personal hygiene
* Parts of the body
* Medicines
* Keeping safe in the home
* Changes as we grow
* Working with others
* Taking responsibility for self
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| **PE** |  |  |
| * Physical confidence
* Opportunities to develop competence in broad range of physical activity
* Physically active for sustained periods of time
* Leading healthy, active lives
* Mastering basic movement: running, jumping, balance, agility, co-ordination
* Team games
* Simple movement patterns
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| **Cross Curricular**  |  |  |
| * Where our food comes from (geography)
* Food sources (geography)
* How our food grows (geography)
* Creating categories (maths)
* Adding amounts of money (maths)
* Making totals of amounts (maths)
* Following directions (maths)
* Simple problem solving (maths)
* Reading instruction (literacy)
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**Lower Key Stage Two (Years 3 & 4)**

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| Curriculum objectives | LKS2 Healthy Workshop | Mental Health Workshop | Circuits (fitness) Session |
| **RSE & Health Education** |  |  |  |
| **Families and people who care for me…*** Importance and characteristics of family
* Diversity of family dynamics
* Importance of stable, caring relationships
* How to recognise if family life is making them feel unhappy/ unsafe and where to seek help/advice

**Caring friendships…*** Importance, characteristics and qualities of healthy friendships
* 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, and how to seek help or advice

**Respectful relationships…** * Importance of respecting others
* Practical steps/ways to improve/support respectful relationships
* The conventions of courtesy and manners
* Importance of self-respect and how this links to happiness
* About different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help
* Stereotypes, what they are and how they can be unfair, negative or destructive
* Importance of permission-seeking and giving in all relationships

**Online relationships…*** That people sometimes behave differently online
* That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others
* 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
* How information and data is shared and used online

**Being safe…*** Appropriate boundaries in friendships with peers and others (including in a digital context)
* 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
* That 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 (in all contexts) whom they do not know
* How to recognise and report feelings of being unsafe or feeling bad about any adult
* How to ask for advice/help for themselves/others, and to keep trying until they are heard
* How to report concerns or abuse
* Where to get advice

**Mental wellbeing…*** 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 that all humans experience in relation to different experiences and situations
* How to recognise and talk about their emotions
* How to judge whether what they are feeling and how they are behaving is appropriate and proportionate
* Benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
* Simple self-care techniques
* Important for children to discuss their feelings with an adult and seek support to combat isolation and loneliness
* That bullying has a negative and often lasting impact on mental wellbeing
* Where and how to seek support

**Internet safety and harms…*** That for most people the internet is an integral part of life and has many benefits
* About the benefits of rationing time spent online
* The risks of excessive time spent on electronic devices
* The impact of positive and negative content online on their own and others’ mental and physical wellbeing
* How to consider the effect of their online actions on others
* How to recognise and display respectful behaviour online
* The importance of keeping personal information private
* Why social media, some computer games and online gaming, for example, are age restricted
* That the internet can also be a negative place
* How to be a discerning consumer of information online including understanding that information
* Where and how to report concerns and get support with issues online

**Physical health and fitness…*** Characteristics and mental and physical benefits of an active lifestyle
* Importance of building regular exercise into daily and weekly routines and how to achieve this
* Risks associated with an inactive lifestyle
* How and when to seek support

**Healthy eating…*** What constitutes a healthy diet
* Principles of planning and preparing a range of healthy meals
* Characteristics of a poor diet and risks associated with unhealthy eating and other behaviours

**Health and prevention…*** Recognition of early signs of physical illness/unexplained changes to the body
* About safe and unsafe exposure to the sun
* Importance of sleep, dental health, personal hygiene and germs

**Basic first aid…*** How to make a clear and efficient call to emergency services
* Concepts of basic first-aid (e.g. dealing with common injuries, including head injuries)
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| **Science** |  |  |  |
| * Types of food (food groups)
* Nutrition value of different foods
* Skeletons
* Muscles
* Teeth
* Dental hygiene
* Personal hygiene
* Impact of diet
* Impact of exercise
* ‘Healthy lifestyle’
* Importance of water for survival / health
* Relationship between diet, exercise, drugs, lifestyle and health
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| * Making healthy choices
* Developing healthy lifestyles
* Balanced diet
* Importance of physical activity
* Dealing with emotions
* Peer pressure
* Issues affecting health and wellbeing
* Dangers of smoking
* Making informed choices
* Managing risk
* Taking responsibility for self
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| **PE** |  |  |  |
| * Develop physical confidence
* Opportunities to develop competence in broad range of physical activity
* Physically active for sustained periods of time
* Leading healthy, active lives
* Using running, jumping, throwing and catching in isolation and in combination
* Develop flexibility, strength, technique, control and balance
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| **Cross Curricular**  |  |  |  |
| * Where our food comes from (geography)
* Food sources (geography)
* How our food grows (geography)
* Ways of life 1930’s-1950’s (history)
* Comparing and contrasting figures (maths)
* Creating categories (maths)
* Adding large amounts of money, finding change (maths)
* Making totals of amounts (maths)
* Following directions, co-ordinates and angles (maths)
* Problem solving
* Reading instruction (literacy)
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**Upper Key Stage Two (Years 5 & 6)**

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| Curriculum objectives | UKS2 Healthy Workshop | Mental Health Workshop | Circuits (fitness) Session | Drugs & Alcohol Workshop |
| **RSE & Health Education** |  |  |  |  |
| **Families and people who care for me…*** Importance and characteristics of family
* Diversity of family dynamics
* Importance of stable, caring relationships
* How to recognise if family life is making them feel unhappy/ unsafe and where to seek help/advice

**Caring friendships…*** Importance, characteristics and qualities of healthy friendships
* 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, and how to seek help or advice

**Respectful relationships…** * Importance of respecting others
* Practical steps/ways to improve/support respectful relationships
* The conventions of courtesy and manners
* Importance of self-respect and how this links to happiness
* About different types of bullying, the impact of bullying, responsibilities of bystanders and how to get help
* Stereotypes, what they are and how they can be unfair, negative or destructive
* Importance of permission-seeking and giving in all relationships

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* How to critically consider their online friendships and sources of information including awareness of the risks
* How information and data is shared and used online

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* 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
* That 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 (in all contexts) whom they do not know
* How to recognise and report feelings of being unsafe or feeling bad about any adult
* How to ask for advice/help for themselves/others, and to keep trying until they are heard
* How to report concerns or abuse
* Where to get advice

**Mental wellbeing…*** 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 that all humans experience in relation to different experiences and situations
* How to recognise and talk about their emotions
* How to judge whether what they are feeling and how they are behaving is appropriate and proportionate
* Benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
* Simple self-care techniques
* Important for children to discuss their feelings with an adult and seek support to combat isolation and loneliness
* That bullying has a negative and often lasting impact on mental wellbeing
* Where and how to seek support

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* That the internet can also be a negative place
* How to be a discerning consumer of information online including understanding that information
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**Physical health and fitness…*** Characteristics and mental and physical benefits of an active lifestyle
* Importance of building regular exercise into daily and weekly routines and how to achieve this
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* How and when to seek support

**Healthy eating…*** What constitutes a healthy diet
* Principles of planning and preparing a range of healthy meals
* Characteristics of a poor diet and risks associated with unhealthy eating and other behaviours

**Drugs, alcohol and tobacco…*** Facts about legal and illegal harmful substances and associated risks

**Health and prevention…*** Recognition of early signs of physical illness/unexplained changes to the body
* About safe and unsafe exposure to the sun
* Importance of sleep, dental health, personal hygiene and germs

**Basic first aid…*** How to make a clear and efficient call to emergency services
* Concepts of basic first-aid (e.g. dealing with common injuries, including head injuries)

**Changing adolescent body…*** Key facts about puberty and the changing adolescent body, including physical and emotional changes
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| **Science** |  |  |  |  |
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* Nutrition value of different foods
* Skeletons
* Muscles
* Teeth
* Dental hygiene
* Personal hygiene
* Impact of diet
* Impact of exercise
* ‘Healthy lifestyle’
* Importance of water for survival / health
* Impact of drugs on the way our bodies function (positive and negative)
* How drugs and other substances may be harmful to the human body
* Relationship between diet, exercise, drugs, lifestyle and health
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| * Making healthy choices
* Developing healthy lifestyles
* Balanced diet
* Importance of physical activity
* Dealing with emotions
* Peer pressure
* Issues affecting health and wellbeing
* Legal and illegal substances
* Making informed choices
* Drugs and alcohol
* Managing risk
* Taking responsibility for self
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| **PE** |  |  |  |  |
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