

# Year 6 Relationships and Health Education

## Health and Wellbeing

- **Healthy minds** – I know how and when to seek support, including which adults to speak to in school if I am worried about my health. I have strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures.
- **Identifying strengths** – I can recognise my strengths and how they can contribute to different groups. I can identify my own weaknesses in order to improve and help my future actions.
- **Setting goals** – I work collaboratively towards common goals.
- **Internet safety**- I am a discerning consumer of information online, including understanding that information from search engines, is ranked, selected and targeted.
- **Physical illness** – I can recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. I take responsibility for my own safety and the safety of others and I am able to seek help in an emergency.
- **Immunisation**- I understand the science relating to allergies, immunisation and vaccination .

## Relationships

- **Race and ethnicity**- I understand that racial discrimination has an impact on societies, past and present. I can identify different forms of discrimination against people in societies today.
- **Gender stereo types**- I know what stereotype and gender discrimination is and how it impacts on our society. I know it is important to challenge stereotyping and discrimination.
- **Culture**- I know the characteristics of a healthy family life and how important it is to commitment to each other (especially in times of difficulty) and spend time together. I understand the importance of family within different cultures.
- **Marriage**- I know that a marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. I know that there are many different types of relationships.
- **Mental wellbeing**- Mental wellbeing is a normal part of daily life, in the same way as physical health. Bullying (including cyber bullying) has a negative and, often, lasting impact on mental wellbeing .Positive friendships and relationships can promote health and wellbeing.
- **Changing relationships**- Relationships can change as a result of growing up. Behaviours influence people both positively and negatively. Recognise that when the body changes during puberty it can affect feelings and behaviour .

## Living In The wider World

- **Budgeting**-I know what it means to budget and why financial management and planning is important from a young age and realise that future wants and needs may be met through saving.
- **Consumer sense**- I know and understand financial terms such as loan, interest, tax and discount
- **Generating income**- I know and understand the principles of enterprise, profit and loss.
- **Democracy** – I know how Parliament works and why it is important that people have a voice in Government

## Key Vocabulary

Race	physical characteristics that may be related to skin colour or other physiological features
ethnicity	defined by culture , national customs , language or beliefs.
Immunisation	the process whereby people are protected against illness
Consumer	a person who purchases goods and services for personal use
budgeting	is the process of creating a plan to spend your money

# Year 5 Relationships and Health Education

## Health and Wellbeing

- **Drugs, alcohol, tobacco and substance abuse** – I know the facts about legal and illegal harmful substances and the associated risks. I can make responsible choices and deal with negative pressures.
- **Death and grief** – I understand the cyclic nature of life and how death is an inevitable part of this cycle. I recognise that people can feel alone and misunderstood in these situations.
- **Managing conflict within families** – If my family relationships are making me feel unhappy or unsafe, I know how to seek help or advice from others. I understand the need for empathy when my peers are experiencing conflict at home.
- **What is puberty?** – I know the key facts about puberty, how my adolescent body changes physically and emotionally. I understand the importance of personal hygiene.
- **Healthy lifestyles** – I know the characteristics, the mental and physical benefits of an active lifestyle.
- **Food choices** – I know what constitutes a healthy diet, the different food groups and their related importance as part of a balanced diet. I can plan and prepare a range of healthy meals.
- **Basic First aid** – I can take responsibility for my own safety and the safety of others and I am able to seek help in an emergency.

## Relationships

- **Online risky relationships** – I understand what a stereotype is, and how stereotypes can be unfair, negative or destructive.
- **Confidentiality** – I understand the importance of permission-seeking and the need for confidentiality in certain situations.
- **Listening and responding** – I know how to recognise who to trust and who not to trust, how to judge when a friendship is making me feel unhappy or uncomfortable. I understand that I need to be a listener in any relationship.
- **Shared goals** – Collaboration and the ability to work as a team is important. I know it is important to work co-operatively and show fairness and consideration to others.
- **Physical contact** – I can understand the difference between appropriate and inappropriate physical contact. I can take responsibility for my own safety and seek help in an emergency.

## Living In The wider World

- **Community** – I can appreciate the benefits of living in a diverse community and celebrate diversity. I can recognise that communities and the people within them are diverse, changing and interconnected.
- **Rules and responsibilities** – We are all connected by our similarities. I show fairness and consideration to others and I recognise and respect similarities and differences between people.
- **Our rights** – Many of these different cultures and religions are represented within school and we need to be tolerant to those of different faiths and beliefs to ourselves. I know I need to listen to, reflect on and respect other people's views and feelings.

## Key Vocabulary

Adolescence	the time in a person's life when a young person develops from a child into an adult
Puberty	is the name for the time when a young person's body begins to develop and change as it moves from a child to an adult
Conflict	a serious disagreement or argument
Stereotype	a widely held but fixed and oversimplified image or idea of a particular type of person or thing

# Year 4 Relationships and Health Education

## Health and Wellbeing

- **Online Safety**- I know how to use ICT safely and how information and data is shared and used online. I can understand the impact that positive and negative content online can have on my mental and physical wellbeing.
- **Internet use and age limits** –I understand why social media, some computer games and online gaming are age restricted and how to report concerns and get support with issues online.
- **Emotions** –I know how to judge whether what I am feeling and how I am behaving is appropriate. I am developing strategies for managing and controlling strong feelings and emotions. Isolation and loneliness can affect children, it is important for children to discuss their feelings with an adult.
- **Healthy Diet** – I know what makes a healthy diet and where different foods come from. I can plan and prepare a range of healthy meals and cook a variety of dishes
- **Self respect** –I understand that everyone has different strengths and weaknesses. My self-respect is linked to my happiness.
- **Setting goals**- I understand how to break down the steps needed to achieve a goal and set realistic targets.

## Relationships

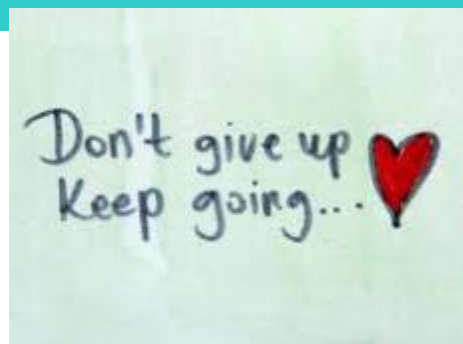
- **Bullying** – I know there are different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders and how to get help. I can recognise the difference between bullying behaviour and isolated hostile incidents. I can talk about my views on issues that affect me and my class. I can find strategies to respond to negative behaviour constructively and ask for help.
- **Self worth**- I understand what self-esteem is and why it is important.
- **Persistence and resilience**- I understand what 'resilience' and 'persistence' are and why these character traits are important.
- **Communication**- I know how to communicate my opinions in a group setting and understand why it is important to listen to others. I can work co-operatively, showing fairness and consideration to others.
- **Similarities and differences**- I know that we are all connected by our similarities.  
The types of family units can differ. There is a range of different cultures and religions represented within school. I can understand the need for tolerance for those of different faiths and beliefs.

## Living In The wider World

- **Gender Stereotypes**- Know what a stereotype is, and how stereotypes can be unfair, negative or destructive. Understand the terms 'discrimination' and 'stereotype'. Challenge stereotypes relating to gender and work.
- **Money choices** -Learn about spending habits and choices. To know the difference between wants and needs. Understand why financial management and planning is important from a young age.

## Key Vocabulary

Persistence	Continuing on with something even when it is difficult.
resilience	The ability to cope when things go wrong
Self worth	Valuing yourself as a person - accept yourself as you are
Diversity	Many different cultures living within society



# Year 3 Relationships and Health Education

## Health and Wellbeing

- **E safety** - I know how to keep safe online and that it is important to keep personal information private. I know how to report harmful content.
- **Emotions** – I can recognise and talk about my emotions. My behaviour can affect other people both positively and negatively.
- **Physical, emotional and mental health** – I understand the difference between the terms physical, emotional and mental. I have developed strategies for managing and controlling strong feelings and emotions. I know that getting enough sleep is good for my health and that a lack of sleep can affect my weight, mood and ability to learn.
- **Growing up**- We all grow at different rates. It is important to look after my teeth.
- **Emergency calls** – I can take responsibility for my own safety and the safety of others and I can make a clear and efficient call to emergency services.
- **Healthy Living**- I know what the word 'healthy' means and I know the benefits of regular exercise .

## Relationships

- **Friendships**- I understand what makes a good friend and how important friendships are in making me feel happy and secure. I know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- **Communication**- I understand that it is important to communicate clearly. I can understand why it is important to listen to others, to work co-operatively and show fairness and consideration to others.

## Living In The wider World

- **Rules**- I understand why rules are needed in different situations and why laws are made and how they are applied justly. I can recognise the difference between right and wrong, and fair and unfair. We need to take responsibility for our actions.
- **Communities**- It is important to be part of a community and show an awareness of issues affecting different communities.

## Key Vocabulary

E safety	The safe and responsible use of technology
Physical health	Using exercise and the right food choices to keep our bodies physically healthy
Emotional and mental health.	Understanding our feelings . How we think, feel and relate to others and the world around us, helps us to make and keep friendships. It is important to find someone to talk to if we feel our feelings are getting too big for us to cope with.



When it's cloudy,  
friends are your  
silver lining.

# Year 2 Relationships and Health Education

## Health and Wellbeing

- Keeping safe** – It is important to know how to stay safe if I meet an adult, I do not know. All household products, including medicines, can be harmful if not used properly.
- My goals**- I know what I am good at and how I can contribute to different groups.
- Hygiene** – It is important to keep my body clean and brush my teeth regularly. I know which foods are good for me and what a healthy lifestyle means.
- Growing and changing** – We grow up from being young to old. We have many different emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) which are all normal and I manage my feelings in a positive way.
- Healthy Lifestyles**- It is important to have both physical activity and rest as part of a balanced, healthy lifestyle. I understand how my muscles work.

## Relationships

- Family and friends** –There are people who care for and look after me. It is important to respect others, even when they are very different from me, and to listen to and show consideration for other people's views . It is important to share with others.
- Fairness**-I understand the difference between right and wrong and I know how my behaviour affects other people .
- Cooperation**- It is important to listen to others and to work cooperatively.
- Bullying** – There are different types of bullying. I know how to get help to deal with bullying.

## Living In The wider World

- Our school**- I know how to contribute to the life of the classroom and I listen to other people's views. It is important to look after our school, community and the local environment. I know the importance of rules and why I should follow them.
- Community**- We are part of a local community.
- Money**- It is important to look after our money carefully . We have to make the choice between buying what we want and what we need.

## Key Vocabulary

Hygiene	Keeping clean to stay healthy and stop diseases
Healthy Lifestyle	Doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep.
cooperation	To work together
Bullying	Unwanted, hurtful behaviour, repeated over time.



# Year 1 Relationships and Health Education

## Health and Wellbeing

- Keeping Safe**- There are adults I can go to if I need help or I don't feel safe. There are differences between secrets and surprises. I know it is OK for me to say no.
- It is important to keep safe in the sun –put on sun cream and wear a hat!
- There are rules to follow when crossing the road, like the Green Cross Code.
- I need to eat a range of foods and do physical activities to keep my body healthy.
- Germs spread illnesses and diseases so I should wash my hands regularly.
- Emotions**-I have many different emotions – I can be happy, sad, angry and upset. It is good to be able to manage my emotions so I can stay happy.

## Relationships

- Family and friends** – Family and friends should care for each other. I have people who care for me. Friends support us when we have problems. Friends are important and we should respect other people.
- Communication**- It is important to have good manners. I can take part in discussions with one other person and the whole class and I think about other people's opinions.
- Behaviour**- There are different types of teasing and bullying . I understand that bullying is wrong and know how to get help to deal with bullying. It is important to respect everyone no matter how they look or what they believe. Calling people names is hurtful. The way I behave effects other people.

## Living In The wider World

- Rules and expectations**- We have to follow the rules in our class room and our school to keep us safe. I can take turns and follow rules when playing games.
- Caring for the world**- It is important to take responsibility for our world
- Lending and borrowing**- I know what it means to borrow and to share with others.
- Money** – I can recognise notes and coins and know why it is important to keep money safe.

## Key Vocabulary

Rules	Rules are important to keep us safe
Green Cross Code	A set of rules to help us cross the road safely
emotions	Feelings like happy and sad

