



St Mary and St Joseph's RC Primary School  
RSE & Health Education Map

		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Well Being	Healthy Life Styles	<p>To Learn: about some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food) (<b>Paws claws and whiskers</b>)</p> <p>About the shared responsibility for keeping themselves and others safe</p> <p>About responses they can give to ensure their own safety and that of others</p> <p>about what they like and dislike (<b>Moon Zoom</b>)</p> <p>about what it means to make a choice</p> <p>how choices can improve how they feel and look</p> <p>About different kinds of feelings we may have (<b>Moon Zoom</b>)</p> <p>about the different ways we can manage feelings</p> <p>About basic personal hygiene routines (<b>Childhood</b>)</p> <p>About the spread of infections (<b>Childhood</b>)</p>	<p>To Learn: about the benefits of a healthy lifestyle different ways to stay healthy</p> <p>about what it means to make a real &amp; informed choice</p> <p>what can influence our choices</p> <p>how choices influence the way we look &amp; feel</p> <p>about different kinds of feeling that are good and not so good(<b>Scented Garden</b>)</p> <p>about the vocab we can use to describe feelings to others</p> <p>how can we use simple strategies to manage feelings</p> <p>about basic personal hygiene routines about the importance of personal hygiene(<b>Wriggle and Crawl</b>)</p>	<p>To Learn: About making informed choices in relation to their health</p> <p>About opportunities they have to make their own choices about food</p> <p>About what makes up a balanced diet</p> <p>About bacteria and viruses</p> <p>How to reduce the spread of bacteria and viruses (<b>Mighty Metals</b>)</p>	<p>To Learn: About the consequences of choices (positive, neutral and negative)</p> <p>About what to include to make a diet 'balanced'</p> <p>About what influences their choices about food</p> <p>About the benefits of a eating a balanced diet (<b>All above Burps Bottoms</b>)</p> <p>How simple routines reduce the spread of bacteria and viruses (<b>I am Warrior</b>)</p> <p>About choices that promote health and wellbeing</p>	<p>To Learn: About the choices your pupils can make about their health and wellbeing and what influences their choices (<b>Stargazers</b>)</p> <p>About goal setting and the importance of having high aspirations</p> <p>How to help others feel valued</p> <p>About words that help to describe the range and intensity of their feelings to others (<b>Off with her head</b>)</p>	<p>To Learn: About the positive and negative influences on health and wellbeing</p> <p>How media influences can affect choices (<b>Frozen Kingdom</b>)</p>

	Growing and Changing	<p>To Learn: about growing from young to old (Childhood)</p> <p>the correct names for the main parts of the body</p> <p>About similarities and differences between boys and girls (Child hood)</p> <p>about what makes them unique</p> <p>how to set simple goals</p> <p>About change and loss e.g. starting school, a new baby brother/sister, moving to a new class (Bright lights)</p> <p>About the feelings associated with change or loss (Bright lights)</p>	<p>To Learn: about different kinds of change that have occurred since starting school</p> <p>about loss that makes us feel sad (pet, recreative, house)</p> <p>about helping others and ourselves manage sad feelings</p> <p>about growing, changing and becoming more independent (Wriggle and crawl)</p> <p>about the opportunities &amp; responsibilities that independence brings</p> <p>about biological differences between male &amp; female animals including humans and roles in life cycle(Wriggle and crawl)</p> <p>about importance of respecting differences and similarities between boys and girls(Wriggle and crawl)</p> <p>about ways to improve and learn from experience</p> <p>how to recognize and celebrate what they are good at</p> <p>how to set challenging goals</p>	<p>To Learn: About ways to celebrate achievements (Emperors and Empires)</p> <p>About personal strengths and areas for development(Emperors and Empires)</p> <p>About feelings that are good and not so good (Predator)</p> <p>How we can manage these feelings(Predator)</p> <p>About the kinds of change that happen in life</p> <p>How feelings of loss and grief may be expressed</p>	<p>To Learn: About ways to celebrate achievements</p> <p>About personal strengths and how to develop them</p> <p>About feelings that are good and not so good</p> <p>How feelings can be managed – both their own and other peoples</p> <p>About the kinds of change they or family or friends have experienced</p> <p>How loss can come in many forms</p>	<p>To Learn: About bereavement and the process of grieving</p> <p>How change also involves loss</p> <p>About puberty and body changes</p> <p>How puberty leads to adolescence</p> <p>About human reproduction in the context of the human lifecycle</p> <p>How a baby is made and how it grows (Star gazers and Off with her head)</p>	<p>To Learn: About how emotions may be conflicting</p> <p>About the need to listen to their emotions or overcome them</p> <p>About coping with change and how this relates to bereavement and the process of grieving</p> <p>About particular losses that may occur in family settings</p> <p>About different ways of achieving personal goals</p> <p>How having high aspirations can support personal achievements</p> <p>About puberty and body changes (A Childs War)</p> <p>How body image is reflected in the media</p> <p>About human reproduction and that pregnancy can be prevented (ID)</p> <p>About roles and responsibilities of parents and carers</p>
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	Keeping Safe	<p>To Learn: About what goes onto and into our bodies (both good and harmful) (Splendid Skies) About people who take care of them</p> <p>About the family networks they belong to (Paws claws whiskers)</p> <p>About rules we have for keeping safe</p> <p>About different ways of keeping physically and emotionally safe (Splendid Skies)</p> <p>About the shared responsibility for keeping themselves and others safe</p> <p>About responses they can give to ensure their own safety and that of others</p>	<p>To Learn: about the role of medicines (Muck mess mixtures)</p> <p>about the importance of keeping safe in different situations</p> <p>about the different rules for keeping safe (road, Environment, online, in unfamiliar situations)</p> <p>about the shared responsibility for keeping themselves and others safe</p> <p>About the steps they can take to ensure their safety in class, on the playground, around the school and at home</p> <p>About responses they can give to ensure their own safety and that of others ( All covered in Magnificent Monarchs)</p>	<p>To Learn: About school rules for health and safety</p> <p>About where and how to get help</p> <p>About who they can trust to take care of their bodies</p> <p>That they have the right to protect their bodies from unwanted contact</p> <p>About consent (giving permission)</p> <p>Strategies that keep us safe (All above Rocks rumbles relics)</p> <p>About physical, emotional and online safety</p> <p>About the importance of personal safety</p> <p>About people who help them stay healthy and safe</p> <p>About ways that they can help these people</p> <p>About risk, danger and hazard</p> <p>About asking for help techniques to resist pressure</p> <p>About different kinds of negative pressure (Through the ages)</p>	<p>To Learn: About risk, danger and hazard</p> <p>About techniques to resist pressure</p> <p>How pressure is exerted and how it can be resisted</p> <p>To question someone else's beliefs when pupils feel they may be wrong or are making them feel uncomfortable</p> <p>About people who help them stay healthy and safe</p> <p>About ways that they can support these people</p> <p>About school rules for health and safety</p> <p>About where and how to get help</p> <p>About strategies that keep us safe</p> <p>About physical, emotional and online safety</p> <p>About the importance of personal safety (Above Burps, bottoms and Road trip USA)</p>	<p>To Learn: That female genital mutilation (FGM) is physical abuse and is a crime</p> <p>How to get support if they have fears for themselves or their peers</p> <p>About school rules for health and safety</p> <p>About what to do in an emergency</p> <p>About where to get help</p> <p>About risk in different familiar situations</p> <p>About strategies for managing risk</p> <p>About personal safety</p> <p>About the importance of protecting personal information online (Alchemy Island)</p> <p>About independence and increased responsibility</p> <p>About unhelpful pressure</p> <p>About influences on behaviour</p> <p>About what is meant by a habit How habits are hard to change About commonly available substances and drugs (including alcohol and tobacco)</p> <p>About some of the risks and effects of commonly</p>	<p>To Learn: About personal safety</p> <p>About the importance of protecting personal information online</p> <p>About the importance of protecting images of the pupils themselves and others</p> <p>About independence and increased responsibility</p> <p>About risk in different unfamiliar situations</p> <p>About strategies for managing risk and how this can build resilience</p> <p>About different influences on behaviour</p> <p>About peer pressure and media influence</p> <p>About school rules for health and safety</p> <p>About what to do in an emergency</p> <p>About skills needed in an emergency</p> <p>About the effects of legal and illegal substances and drugs (including alcohol and tobacco)</p> <p>About habits in relation to tobacco, alcohol and drug misuse (Blood Heart)</p>
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