



**Amadeus**  
Primary Academies Trust  
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Limitless Learning Together

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# Holy Trinity Lamorbey CE Primary School Relationships and Sex Education Policy

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## Introduction

It is now compulsory for Primary School's to teach health and relationships education. Although it is not compulsory to teach sex education in the primary phase the Governing Body wish to support the pupils of Holy Trinity Lamorbey to develop an understanding of and responsible attitude towards sex and relationships. As such they have chosen to include sex and relationship education as part of the personal, social and health education curriculum of the school.

Relationships and Sex Education (hereafter RSE) will be taught within a framework of Christian values and the Christian understanding in that each person including ourselves is created uniquely in the image of God and as such are precious and treasured. RSE is lifelong learning about physical, moral and emotional development. It is about understanding the importance of stable family life, which may include marriage, loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual orientation or sexual activity. Research demonstrates that good comprehensive sex and relationship education does not make young people more likely to enter into a sexual activity. Indeed, it can help them learn the reasons for and the benefits to be gained from a delay and protects them from sexual abuse by enabling them to understand and articulate what is and is not acceptable sexual behaviour.

Whilst we use RSE to inform children about sexual issues, we do this with regard to matters of morality and individual responsibility, and in a way that allows children to ask and explore moral questions. Sensitivity and respect will be shown to all children when teaching about personal relationships and sex education and RSE will be taught in a way that ensures that there is no stigmatisation of children based on their home/personal circumstances. Care will also be taken to ensure that lessons and discussions are conducted within the school's obligations to prevent direct and indirect discrimination under the Equality Act 2010.

## Production, Review and Approval of RSE Policy

This policy was written by the head teacher in consultation with Governors staff and parents. It will be reviewed every 3 years and is approved by the Local Governing Body of Holy Trinity Lamorbey CE Primary School.

## The Curriculum

RSE includes a broad range of content that is spread across academic disciplines. Some content will be taught through the science curriculum, some content will be taught in the PSHC curriculum and some aspects will be taught in discreet lessons. The table below maps out the content covered across a child's time at HTL and where and when it is addressed.

This content will be adapted as may be required for children with additional educational needs, particularly those with developmental delays where this makes it appropriate to cover content at a different time to when it would otherwise be

covered. Any member of staff or parent who requires support or guidance in this regard should speak to the school's SENCO in the first instance. The school will work closely with parents who raise concerns around their child's additional needs.

## **Who will Deliver RSE**

RE will, in most ordinary circumstances be delivered by the child's class teacher.

## **Working with Parents**

Holy Trinity Lamorbey CE Primary School aims to work in partnership with parents. It is our aim that the school's RSE curriculum will complement and support their role as parents.

The school is well aware that the primary role in children's sex and relationship education lies with parents and carers. We wish to build a positive and supportive relationship with the parents of the children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the school's RSE policy and practice
- Answer any questions that parents may have about the sex education of their child
- Take seriously any issue that parents raise with teachers or governors about this policy or the arrangements for RSE in the school
- Inform parents about the teaching of sex education in school so that the parents and school can work together to support the child with regard to RSE

## **Withdrawing Children from Sex Education**

There is no right to withdraw pupils from Relationship and Health Education. It is, however, a statutory right of parents or carers to withdraw the children in their care from sex education lessons, this excludes withdrawal from the elements on human growth and reproduction which fall under the Science National Curriculum.

Any parent who wishes to exercise this right should, in the first instance, contact the Head Teacher to discuss the matter. Our school will make alternative arrangements for children whose parents have chosen to withdraw them and they will continue to receive appropriate education while withdrawn. Parents will be informed by letter of a teacher's intention to deliver Sex Education in order to provide parents with an opportunity to withdraw their child from the lessons if they wish. Parents will be invited to view materials in advance of lessons beginning.

## Supervision and Management

### Assessment & Record Keeping

Teachers assess children's understanding & progress by making observations during lessons & by evaluating work produced as part of the National Curriculum.

### Monitoring & Evaluation

The person with primary responsibility for the monitoring of RSE is the PSHE coordinator who will monitor the subject as part of his or her wider monitoring of PSHE. It will be necessary for the PSHE coordinator to work closely with the science coordinator and the UKS2 phase leader to ensure that evidence is gathered from across the curriculum. This will be overseen by the DHT

## PSHE and RSE Curriculum Overview

	Autumn term	My Mind	Spring term	My life	Summer term	My Health
<b>EYFS</b>	<p><b>Healthy body, healthy mind.</b> 1. Why it is important to have a healthy mind 2. How we can keep our minds healthy</p> <p><b>Feelings</b> 1. To begin to notice how we feel 2. To find good ways to show how we feel</p> <p><b>Connections</b> 1. To know who we are connected with 2. To know how we can use those connections to help us</p> <p><b>Challenge</b> 1. To realise that some things are harder than others 2. To become more confident about what we can do</p> <p><b>Resilience</b> 1. To understand the importance of trying 2. To know who we can turn to for help</p> <p><b>Being positive</b> 1. What being positive means 2. How to be positive to others</p>	<p><b>Interaction</b> 1. What we mean by interactions 2. Why interactions are important 3. Making the most of our interactions</p> <p><b>Support</b> 1. What we mean by support 2. Who we can ask for support 3. When to ask for support</p> <p><b>Environment</b> 1. What we mean by the environment 2. Why the environment matters 3. What we can do to take care of our environment</p> <p><b>Your actions</b> 1. What we mean by actions 2. Why our actions matter 3. Who controls what we do</p> <p><b>Healthy habits</b> 1. What we mean by 'healthy' 2. Why being healthy matters 3. What are healthy habits</p> <p><b>Balance</b> 1. What we mean by 'balance'</p>	<p><b>Being healthy</b> 1. What 'being healthy' means</p> <p><b>Healthy eating</b> 1. What healthy eating means 2. The importance of fruit and vegetables</p> <p><b>Being active</b> 1. What does 'being active' mean? 2. Why we need to exercise</p> <p><b>Sleeping</b> 1. Understanding the importance of sleep 2. Developing a sleeping routine</p> <p><b>Keeping clean</b> 1. How to keep clean to stay healthy 2. Why is it important to keep clean?</p> <p><b>Clothes</b> 1. To look after ourselves in different types of weather</p>			

	<p><b>All about me</b> 1.How to show what we like about ourselves and others 2.To think about what we can achieve</p> <p><b>Being calm</b> 1.What it means to be calm 2.How to calm down</p>	<p>2.Why balance is important 3.How to maintain a good balance</p> <p><b>Challenge</b> 1.What we mean by 'challenge' 2.Why challenge is important 3.How to pick your challenges</p> <p><b>Opportunities</b> 1.What we mean by 'opportunity' 2.Why it is important to seize your opportunities</p>	<p><b>Talking about feelings</b> 1. Exploring why talking about feelings is good for our health</p>
Year 1	Autumn term      My Mind	Spring term      My life	Summer term      My Health
	<p><b>Being healthy</b> 1.What being healthy means 2.Ways to be healthy 3.How healthy habits promote happiness</p> <p><b>Feelings and emotions</b> 1. How to be aware of our feelings and emotions 2.How to improve how we express our emotions</p> <p><b>Support network</b> 1.Who can support us 2.How to get help</p> <p><b>Happiness</b> 1.What makes us happy</p>	<p><b>Family and friends</b> 1.Knowing the people who are important to me 2.How to be a good friend 3.Why connections are important</p> <p><b>Personal safety</b> 1.Understanding what is personal safety 2.How to stay safe in different situations 3.Why personal safety is important</p> <p><b>Impressions</b> 1.What we mean by impressions 2.Why personal appearance is important 3.How to make a good impression when meeting someone</p> <p><b>Being proud</b></p>	<p><b>Keeping healthy</b> 1.What 'being healthy' means 2.How we can keep healthy 3.Why we need to keep healthy</p> <p><b>Get moving</b> 1.What is exercise? 2.Understanding the benefits of exercise 3.How we can get moving</p> <p><b>Sleeping</b> 1.Understanding the importance of sleep 2.Developing healthy sleeping habits</p> <p><b>Press Pause</b> 1.What does mindfulness mean? 2.Ways in which we can be mindful</p>

	<p>2.How happiness makes us feel inside 3.Who we can go to if we feel sad</p> <p><b>Challenge</b> 1.What makes something a challenge? 2.How challenge and achievement makes us feel</p> <p><b>Resilience</b> 1.The meaning and importance of resilience 2.To acknowledge our feelings about challenges</p> <p><b>Determination</b> 1.The meaning of determination 2.How to use determination to overcome difficulties</p> <p><b>Self-awareness</b> 1.To identify our personal strengths 2.To develop awareness of personal feelings</p> <p><b>Keeping cool</b> 1.How our behaviour affects other people 2.How to control anger</p> <p><b>Being positive</b> 1.To understand the importance of being positive 2.How to use positive words and actions</p>	<p>1.Understanding what being proud means 2.Knowing the difference between pride and boasting 3.Identifying the things that make me proud</p> <p><b>Responsibilities</b> 1.Understanding what being responsible means 2.To know the things we are responsible for 3.Why it is important to be responsible</p> <p><b>Choices and consequences</b> 1.Recognising responsible choices 2.Understanding the consequences of choices 3.How to make positive choices</p> <p><b>Character traits</b> 1.Knowing what character means 2.Recognising different character traits 3.What we mean by positive character traits</p> <p><b>Hobbies and clubs</b> 1.Discovering hobbies and clubs 2.Why hobbies and clubs are important</p>	<p>3.Why being mindful is good for our health</p> <p><b>Healthy eating</b> 1.What healthy eating means 2.About the different food groups 3.The best foods to eat to keep healthy</p> <p><b>Hydration</b> 1.Why water is important for keeping healthy 2.Explore the amount of sugar in some drinks</p> <p><b>Personal hygiene</b> 1.What is personal hygiene? 2.How to be hygienic to keep healthy 3.Why is it important to have a personal hygiene routine?</p> <p><b>Healthy behaviour</b> 1.Possible health risks 2.What healthy behaviours are 3.Why we need to do healthy behaviours to have a healthy life</p>
	<p>Autumn term      My Mind</p>	<p>Spring term      My life</p>	<p>Summer term      My Health</p>



<p><b>Year</b> <b>2</b></p>	<p><b>Being healthy</b> 1.What being healthy means 2.Ways to be healthy 3.How healthy habits promote happiness</p> <p><b>Feelings and emotions</b> 1. How to be aware of our feelings and emotions 2.How to improve how we express our emotions</p> <p><b>Support network</b> 1.Who can support us 2. How to get help</p> <p><b>Happiness</b> 1.What makes us happy 2.How happiness makes us feel inside 3.Who we can go to if we feel sad</p> <p><b>Challenge</b> 1.What makes something a challenge? 2.How challenge and achievement makes us feel</p> <p><b>Resilience</b> 1.The meaning and importance of resilience 2.To acknowledge our feelings about challenges</p> <p><b>Determination</b> 1.The meaning of determination 2.How to use determination to overcome difficulties</p>	<p><b>Family and friends</b> 1.Knowing the people who are important to me 2.How to be a good friend 3.Why connections are important</p> <p><b>Personal safety</b> 1.Understanding what is personal safety 2.How to stay safe in different situations 3.Why personal safety is important</p> <p><b>Impressions</b> 1.What we mean by impressions 2.Why personal appearance is important 3.How to make a good impression when meeting someone</p> <p><b>Being proud</b> 1.Understanding what being proud means 2.Knowing the difference between pride and boasting 3.Identifying the things that make me proud</p> <p><b>Responsibilities</b> 1.Understanding what being responsible means 2.To know the things we are responsible for 3.Why it is important to be responsible</p> <p><b>Choices and consequences</b> 1.Recognising responsible choices 2.Understanding the consequences of choices 3.How to make positive choices</p>	<p><b>Keeping healthy</b> 1.What 'being healthy' means 2.How we can keep healthy 3.Why we need to keep healthy</p> <p><b>Get moving</b> 1.What is exercise? 2.Understanding the benefits of exercise 3.How we can get moving</p> <p><b>Sleeping</b> 1.Understanding the importance of sleep 2.Developing healthy sleeping habits</p> <p><b>Press Pause</b> 1.What does mindfulness mean? 2.Ways in which we can be mindful 3.Why being mindful is good for our health</p> <p><b>Healthy eating</b> 1.What healthy eating means 2.About the different food groups 3.The best foods to eat to keep healthy</p> <p><b>Hydration</b> 1.Why water is important for keeping healthy 2.Explore the amount of sugar in some drinks</p> <p><b>Personal hygiene</b> 1.What is personal hygiene?</p>
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	<p><b>Self-awareness</b> 1.To identify our personal strengths 2.To develop awareness of personal feelings</p> <p><b>Keeping cool</b> 1.How our behaviour affects other people 2.How to control anger</p> <p><b>Being positive</b> 1.To understand the importance of being positive 2.How to use positive words and actions</p>	<p><b>Character traits</b> 1.Knowing what character means 2.Recognising different character traits 3.What we mean by positive character traits</p> <p><b>Hobbies and clubs</b> 1.Discovering hobbies and clubs 2.Why hobbies and clubs are important</p>	<p>2.How to be hygienic to keep healthy 3.Why is it important to have a personal hygiene routine?</p> <p><b>Healthy behaviours</b> 1.Possible health risks 2.What healthy behaviours are 3.Why we need to do healthy behaviours to have a healthy life</p>
<b>Year 3</b>	Autumn term      My Mind	Spring term      My life	Summer term      My Health
	<p><b>My mind</b> 1.Why it is important to have a healthy mind 2.How we can keep our minds healthy</p> <p><b>Healthy body, healthy mind</b> 1.What a healthy body and healthy mind means 2.To understand the links between a healthy body and a healthy mind</p> <p><b>Healthy body, healthy mind</b> 1.Explore ways to wellbeing 2.Recognise the importance of wellbeing</p> <p><b>Mind training</b> 1.To understand the growth and fixed mindset 2.To identify different mindset characteristics</p>	<p><b>Lifestyles</b> 1.What a healthy lifestyle means. 2. To identify activities which form a healthy lifestyle. 3. why we need to create a healthy lifestyle</p> <p><b>Making choices</b> 1.To identify healthy lifestyle choices 2.To suggest examples of better choices 3.How to make good decisions in life.</p> <p><b>Confidence</b> 1.What confidence and self-esteem mean 2.To identify our strengths 3.To identify ways to improve our confidence.</p> <p><b>Impressions</b></p>	<p><b>Physical health</b> 1.What physical health is 2.Why we need to be healthy 3.How to keep physically healthy</p> <p><b>Being active</b> 1.What being active means 2.How you can keep active daily 3.The importance being active</p> <p><b>Healthy routines</b> 1.What healthy routines are 2.Why routines are important 3.How to create your own healthy routine</p> <p><b>Recharge</b> 1.What recharge means 2.Why we need to recharge</p>

<p>3.To understand and experience the value of challenge</p> <p><b>Resilience</b> 1.To understand why we need to be resilient 2.To understand how we can build resilience</p> <p><b>Determination</b> 1.To understand what determination is 2.How we can build grit and determination</p> <p><b>Feelings</b> 1.What we mean by feelings 2.How to recognise different feelings 3.Techniques to help us cope with our feelings</p> <p><b>Emotions</b> 1.What we mean by emotions 2.How to deal with and manage our emotions</p> <p><b>Mental health</b> 1.Different ways to cope with good and bad days 2.How to manage stress and our moods 3.How to keep our mental health in check</p> <p><b>Positivity</b> 1.To understand the meaning of positivity 2.Strategies and tips to keep positive</p> <p><b>Self Awareness</b> 1.To understand the meaning of self-awareness</p>	<p>1.What we mean by impressions 2.Why personal appearance is important 3.How you can make good impressions.</p> <p><b>Pride</b> 1.What we mean by pride and how it feels to be proud 2.To identify our talents and things we are good at 3.To appreciate why we are proud of our friends.</p> <p><b>Character</b> 1.What character traits are 2.To identify different character traits 3.What we mean by a positive character.</p> <p><b>Relationships</b> 1.What good relationships are 2.To identify good and bad friendship choices. 3.To be positive and value friendships.</p> <p><b>Connections</b> 1.who is in our community 2.Who we are connected to and how to make friends 3.Why relationships are important.</p>	<p>3.Ways in which we can recharge</p> <p><b>Healthy eating</b> 1.What healthy eating means 2.About the different food groups &amp; nutrients 3.Why foods are healthy or unhealthy</p> <p><b>Smart choices</b> 1.Understand how to make healthy food choices 2.How to read food labels 3.How to make healthy food swaps</p> <p><b>Hydration</b> 1.Why water is important for our bodies 2.How we can drink enough water each day</p> <p><b>Keeping healthy</b> 1.What healthy behaviours are 2.Why we need to do healthy behaviours to have a healthy body</p>
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	2.How to make some positive changes		
<b>Year 4</b>	Autumn term <b>My Mind</b>	Spring term <b>My life</b>	Summer term <b>My Health</b>
	<p><b>My mind</b> 1.Why it is important to have a healthy mind 2.How we can keep our minds healthy</p> <p><b>Healthy body, healthy mind</b> 1.What a healthy body and healthy mind means 2.To understand the links between a healthy body and a healthy mind</p> <p><b>Healthy body, healthy mind</b> 1.Explore ways to wellbeing 2.Recognise the importance of wellbeing</p> <p><b>Mind training</b> 1.To understand the growth and fixed mindset 2.To identify different mindset characteristics 3.To understand and experience the value of challenge</p> <p><b>Resilience</b> 1.To understand why we need to be resilient 2.To understand how we can build resilience</p> <p><b>Determination</b> 1.To understand what determination is 2.How we can build grit and determination</p> <p><b>Feelings</b> 1.What we mean by feelings 2.How to recognise different feelings</p>	<p><b>Lifestyles</b> 1.What a healthy lifestyle means. 2. To identify activities which form a healthy lifestyle. 3. Why we need to create a healthy lifestyle</p> <p><b>Making choices</b> 1.To identify healthy lifestyle choices 2.To suggest examples of better choices 3.How to make good decisions in life.</p> <p><b>Confidence</b> 1.What confidence and self-esteem mean 2.To identify our strengths 3.To identify ways to improve our confidence.</p> <p><b>Impressions</b> 1.What we mean by impressions 2.Why personal appearance is important 3.How you can make good impressions.</p> <p><b>Pride</b> 1.What we mean by pride and how it feels to be proud 2.To identify our talents and things we are good at 3.To appreciate why we are proud of our friends.</p>	<p><b>Physical health</b> 1.What physical health is 2.Why we need to be healthy 3.How to keep physically healthy</p> <p><b>Being active</b> 1.What being active means 2.How you can keep active daily 3.The importance being active</p> <p><b>Healthy routines</b> 1.What healthy routines are 2.Why routines are important 3.How to create your own healthy routine</p> <p><b>Recharge</b> 1.What recharge means 2.Why we need to recharge 3.Ways in which we can recharge</p> <p><b>Healthy eating</b> 1.What healthy eating means 2.About the different food groups &amp; nutrients 3.Why foods are healthy or unhealthy</p> <p><b>Smart choices</b> 1.Understand how to make healthy food choices 2.How to read food labels</p>

	<p>3. Techniques to help us cope with our feelings</p> <p><b>Emotions</b></p> <p>1. What we mean by emotions 2. How to deal with and manage our emotions</p> <p><b>Mental health</b></p> <p>1. Different ways to cope with good and bad days 2. How to manage stress and our moods 3. How to keep our mental health in check</p> <p><b>Positivity</b></p> <p>1. To understand the meaning of positivity 2. Strategies and tips to keep positive</p> <p><b>Self Awareness</b></p> <p>1. To understand the meaning of self-awareness 2. How to make some positive changes</p>	<p><b>Character</b></p> <p>1. What character traits are 2. To identify different character traits 3. What we mean by a positive character.</p> <p><b>Relationships</b></p> <p>1. What good relationships are 2. To identify good and bad friendship choices. 3. To be positive and value friendships.</p> <p><b>Connections</b></p> <p>1. Who is in our community 2. Who we are connected to and how to make friends 3. Why relationships are important.</p>	<p>3. How to make healthy food swaps</p> <p><b>Hydration</b></p> <p>1. Why water is important for our bodies 2. How we can drink enough water each day</p> <p><b>Keeping healthy</b></p> <p>1. What healthy behaviours are 2. Why we need to do healthy behaviours to have a healthy body</p>
<b>Year 5</b>	Autumn term      My Mind	Spring term      My life	Summer term      My Health
	<p><b>Self-management</b></p> <p>1. What self-management is 2. Why self-management is important to keep our minds healthy 3. How we can help to manage ourselves and have self-control</p> <p><b>Game plan</b></p> <p>1. To understand what having a 'game plan' means</p>	<p><b>Life connections</b></p> <p>1. What connections are and why they are important. 2. The characteristics of how to be a good friend 3. The importance of peer relationships and how they are beneficial</p> <p><b>Support network</b></p> <p>1. About the people in your life who you trust</p>	<p><b>Body health</b></p> <p>1. What body health is 2. Why we need to keep our bodies healthy 3. How we can measure our physical health</p> <p><b>Fitness</b></p> <p>1. What fitness is 2. Why we need to keep it</p>

	<p>2.To identify why plans in life are important</p> <p><b>Coping strategies</b></p> <ol style="list-style-type: none"> <li>1.To understand and prepare coping mechanisms and strategies for different situations</li> <li>2.To cope with negative feelings</li> <li>3.To use ways to calm down when feeling overwhelmed</li> </ol> <p><b>Self-control</b></p> <ol style="list-style-type: none"> <li>1.To understand the meaning of self-control</li> <li>2.How to recognise and describe times when we are overwhelmed by emotions</li> <li>3.To identify effective and appropriate calming down strategies</li> </ol> <p><b>Support network</b></p> <ol style="list-style-type: none"> <li>1.Why a support network is important</li> <li>2.Who to talk to about different kinds of problems</li> </ol> <p><b>Focus</b></p> <ol style="list-style-type: none"> <li>1.Why we need to focus on our mental and physical health</li> <li>2.To identify techniques which will help us focus</li> </ol> <p><b>Aspirations</b></p> <ol style="list-style-type: none"> <li>1.What aspirations are</li> <li>2.To explore and identify a dream and ambition</li> <li>3.The importance of role models and inspiration</li> </ol>	<p>2.To identify a support network of people who you can talk to when you need help</p> <p>3.To practise asking for help when you may be worried</p> <p><b>Personal growth</b></p> <ol style="list-style-type: none"> <li>1.To understand what personal growth is</li> <li>2.To identify life aspirations</li> <li>3. To visualize where we would like to be in the future</li> </ol> <p><b>Challenge</b></p> <ol style="list-style-type: none"> <li>1.What challenge is and why it is important</li> <li>2.How to cope with obstacles in life</li> <li>3.Strategies to take on new challenges</li> </ol> <p><b>Hobbies</b></p> <ol style="list-style-type: none"> <li>1.To identify hobbies and interests</li> <li>2.Why taking part in hobbies are important</li> <li>3.How we can take part in hobbies during our life</li> </ol> <p><b>Balance</b></p> <ol style="list-style-type: none"> <li>1. To understand what a balanced life means and the importance</li> <li>2. To identify the types of activities which contribute to a balanced life</li> <li>3. How you can achieve a balanced life</li> </ol> <p><b>Habits</b></p> <ol style="list-style-type: none"> <li>1.To understand what habits are</li> <li>2. Why habits are important</li> <li>3. How you can change and build successful habits</li> </ol>	<p>3.How we can maintain our fitness</p> <p><b>Rest &amp; recovery</b></p> <ol style="list-style-type: none"> <li>1.What rest &amp; recovery means</li> <li>2.How you can relax</li> <li>3.The importance of sleep</li> </ol> <p><b>Being mindful</b></p> <ol style="list-style-type: none"> <li>1.What being mindful means</li> <li>2.How you can be mindful every day</li> <li>3.Why being mindful is important for our health</li> </ol> <p><b>Nutritional Fundamentals</b></p> <ol style="list-style-type: none"> <li>1.What healthy eating means and why it is important</li> <li>2.What different food groups are</li> <li>3.The best foods to eat to stay healthy</li> </ol> <p><b>Energy levels</b></p> <ol style="list-style-type: none"> <li>1.What an energy balance is</li> <li>2.How we can maintain our energy levels</li> <li>3.Why energy is important for us to keep healthy and well</li> <li>4.How calories are used for energy</li> </ol> <p><b>Food habits</b></p> <ol style="list-style-type: none"> <li>1.What food habits are</li> <li>2.Why food habits are important</li> <li>3.How we can make good food habits</li> </ol> <p><b>Health risks &amp; attitudes</b></p> <ol style="list-style-type: none"> <li>1.What attitudes and health risks are.</li> </ol>
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	<p><b>Life journey</b></p> <ol style="list-style-type: none"> <li>1.What we mean by a life journey</li> <li>2.To identify what you want to get out of life</li> </ol> <p><b>Belief</b></p> <ol style="list-style-type: none"> <li>1.What we mean by belief and why it is important</li> <li>2.How we can believe in ourselves</li> <li>3.How to boost our self-confidence</li> </ol> <p><b>Motivation</b></p> <ol style="list-style-type: none"> <li>1.What we mean by motivation</li> <li>2.Strategies to stay motivated</li> </ol>	<p><b>Pride</b></p> <ol style="list-style-type: none"> <li>1.To understand what pride is and how it makes us feel</li> <li>2.Identify the types of things that make us feel proud about ourselves</li> <li>3.To set goals to make us feel proud</li> </ol> <p><b>Responsibility</b></p> <ol style="list-style-type: none"> <li>1.To identify things we are responsible for</li> <li>2.How to act responsibly in life</li> <li>3.Why it is important to be responsible</li> </ol> <p><b>Respect</b></p> <ol style="list-style-type: none"> <li>1.What respect is and how it feels</li> <li>2.To demonstrate ways to show respect</li> <li>3.The importance of respect in life and how to show it everyday</li> </ol> <p><b>Growth and development of humans-</b></p> <ol style="list-style-type: none"> <li>1.What is puberty?</li> <li>2.What changes during puberty?</li> <li>3.What routines can I use to be hygienic?</li> </ol>	<ol style="list-style-type: none"> <li>2.How attitudes and risks can affect our health in a negative way.</li> <li>3.How to manage risks to our health.</li> </ol>
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Year 6	Autumn term My Mind	Spring term My life	Summer term My Health
	<p><b>Self-management</b> 1.What self-management is 2.Why self-management is important to keep our minds healthy 3.How we can help to manage ourselves and have self-control</p> <p><b>Game plan</b> 1.To understand what having a 'game plan' means 2.To identify why plans in life are important</p> <p><b>Coping strategies</b> 1.To understand and prepare coping mechanisms and strategies for different situations 2.To cope with negative feelings 3.To use ways to calm down when feeling overwhelmed</p> <p><b>Self-control</b> 1.To understand the meaning of self-control 2.How to recognise and describe times when we are overwhelmed by emotions 3.To identify effective and appropriate calming down strategies</p> <p><b>Support network</b> 1.Why a support network is important 2.Who to talk to about different kinds of problems</p>	<p><b>Life connections</b> 1.What connections are and why they are important. 2. The characteristics of how to be a good friend 3. The importance of peer relationships and how they are beneficial</p> <p><b>Support network</b> 1.About the people in your life who you trust 2.To identify a support network of people who you can talk to when you need help 3.To practise asking for help when you may be worried</p> <p><b>Personal growth</b> 1.To understand what personal growth is 2.To identify life aspirations 3. To visualize where we would like to be in the future</p> <p><b>Challenge</b> 1.What challenge is and why it is important 2.How to cope with obstacles in life 3.Strategies to take on new challenges</p> <p><b>Hobbies</b> 1.To identify hobbies and interests 2.Why taking part in hobbies are important 3.How we can take part in hobbies during our life</p>	<p><b>Body health</b> 1.What body health is 2.Why we need to keep our bodies healthy 3.How we can measure our physical health</p> <p><b>Fitness</b> 1.What fitness is 2.Why we need to keep it 3.How we can maintain our fitness</p> <p><b>Rest &amp; recovery</b> 1.What rest &amp; recovery means 2.How you can relax 3.The importance of sleep</p> <p><b>Being mindful</b> 1.What being mindful means 2.How you can be mindful every day 3.Why being mindful is important for our health</p> <p><b>Nutritional Fundamentals</b> 1.What healthy eating means and why it is important 2.What different food groups are 3.The best foods to eat to stay healthy</p> <p><b>Energy levels</b> 1.What an energy balance is 2.How we can maintain our energy levels</p>



<p><b>Focus</b>  1. Why we need to focus on our mental and physical health  2. To identify techniques which will help us focus</p> <p><b>Aspirations</b>  1. What aspirations are  2. To explore and identify a dream and ambition  3. The importance of role models and inspiration</p> <p><b>Life journey</b>  1. What we mean by a life journey  2. To identify what you want to get out of life</p> <p><b>Belief</b>  1. What we mean by belief and why it is important  2. How we can believe in ourselves  3. How to boost our self-confidence</p> <p><b>Motivation</b>  1. What we mean by motivation  2. Strategies to stay motivated</p>	<p><b>Balance</b>  1. To understand what a balanced life means and the importance  2. To identify the types of activities which contribute to a balanced life  3. How you can achieve a balanced life</p> <p><b>Habits</b>  1. To understand what habits are  2. Why habits are important  3. How you can change and build successful habits</p> <p><b>Pride</b>  1. To understand what pride is and how it makes us feel  2. Identify the types of things that make us feel proud about ourselves  3. To set goals to make us feel proud</p> <p><b>Responsibility</b>  1. To identify things we are responsible for  2. How to act responsibly in life  3. Why it is important to be responsible</p> <p><b>Respect</b>  1. What respect is and how it feels  2. To demonstrate ways to show respect  3. The importance of respect in life and how to show it everyday</p>	<p>3. Why energy is important for us to keep healthy and well  4. How calories are used for energy</p> <p><b>Food habits</b>  1. What food habits are  2. Why food habits are important  3. How we can make good food habits</p> <p><b>Health risks &amp; attitudes</b>  1. What attitudes and health risks are.  2. How attitudes and risks can affect our health in a negative way.  3. How to manage risks to our health.</p> <p><b>Lovewise SRE</b>  <b>How your body changes</b>  1. Understand what puberty is and why it happens.  2. Introduce pupils to male and female reproductive organs.  3. Learn about the changes of puberty and how to deal with them.</p> <p><b>Growing up</b>  1. Consider how to make wise choices during puberty.  2. Understand how people decide to marry.</p> <p><b>Babies and family life.</b>  1. Consider what makes romantic love special.  2. Learn how a baby is conceived, develops and is born.</p>
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