

Curriculum Overview – Brief

Key Stage One

Curriculum themes	Ks1 Healthy Workshop	KS1 Fun Fitness Session
Science		
<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓
PSHE		
<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓
PE		
<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓
Cross Curricular		
<ul style="list-style-type: none"> ✓ 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) 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none">

Lower Key Stage Two (Years 3 & 4)

Curriculum objectives	LKS2 Healthy Workshop	Mental Health Workshop	Circuits (fitness) Session
RSE & Health Education			
Families and people who care for me... <ul style="list-style-type: none"> ✓ 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 		<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ 	
Caring friendships... <ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ 	
Respectful relationships... <ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ 	
Online relationships... <ul style="list-style-type: none"> ✓ 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 		<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ 	
Being safe... <ul style="list-style-type: none"> ✓ 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 		<ul style="list-style-type: none"> ✓ ✓ 	



<ul style="list-style-type: none"> ✓ That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact 	✓	✓	✓
<ul style="list-style-type: none"> ✓ How to respond safely and appropriately to adults they may encounter (in all contexts) whom they do not know 	✓	✓	
<ul style="list-style-type: none"> ✓ How to recognise and report feelings of being unsafe or feeling bad about any adult 	✓	✓	
<ul style="list-style-type: none"> ✓ How to ask for advice/help for themselves/others, and to keep trying until they are heard 	✓	✓	
<ul style="list-style-type: none"> ✓ How to report concerns or abuse 	✓	✓	
<ul style="list-style-type: none"> ✓ Where to get advice 	✓	✓	
Mental wellbeing...			
<ul style="list-style-type: none"> ✓ That mental wellbeing is a normal part of daily life, in the same way as physical health 	✓	✓	
<ul style="list-style-type: none"> ✓ That there is a normal range of emotions that all humans experience in relation to different experiences and situations 	✓	✓	
<ul style="list-style-type: none"> ✓ How to recognise and talk about their emotions 	✓	✓	
<ul style="list-style-type: none"> ✓ How to judge whether what they are feeling and how they are behaving is appropriate and proportionate 	✓	✓	
<ul style="list-style-type: none"> ✓ Benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness 	✓	✓	✓
<ul style="list-style-type: none"> ✓ Simple self-care techniques 	✓	✓	
<ul style="list-style-type: none"> ✓ Important for children to discuss their feelings with an adult and seek support to combat isolation and loneliness 	✓	✓	
<ul style="list-style-type: none"> ✓ That bullying has a negative and often lasting impact on mental wellbeing 	✓	✓	
<ul style="list-style-type: none"> ✓ Where and how to seek support 			
Internet safety and harms...			
<ul style="list-style-type: none"> ✓ That for most people the internet is an integral part of life and has many benefits 		✓	
<ul style="list-style-type: none"> ✓ About the benefits of rationing time spent online 	✓	✓	
<ul style="list-style-type: none"> ✓ The risks of excessive time spent on electronic devices 	✓	✓	
<ul style="list-style-type: none"> ✓ The impact of positive and negative content online on their own and others' mental and physical wellbeing 	✓	✓	
<ul style="list-style-type: none"> ✓ How to consider the effect of their online actions on others 		✓	
<ul style="list-style-type: none"> ✓ How to recognise and display respectful behaviour online 		✓	
<ul style="list-style-type: none"> ✓ The importance of keeping personal information private 		✓	
<ul style="list-style-type: none"> ✓ Why social media, some computer games and online gaming, for example, are age restricted 		✓	
<ul style="list-style-type: none"> ✓ That the internet can also be a negative place 		✓	
<ul style="list-style-type: none"> ✓ How to be a discerning consumer of information online including understanding that information 		✓	
<ul style="list-style-type: none"> ✓ Where and how to report concerns and get support with issues online 		✓	



Physical health and fitness... <ul style="list-style-type: none"> ✓ 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... <ul style="list-style-type: none"> ✓ 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... <ul style="list-style-type: none"> ✓ 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... <ul style="list-style-type: none"> ✓ 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) 		✓ ✓	
Science			
<ul style="list-style-type: none"> ✓ 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 	✓	✓	✓
<ul style="list-style-type: none"> ✓ 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 	✓	✓	✓
PE			
<ul style="list-style-type: none"> ✓ Develop physical confidence 		✓	✓



<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓
Cross Curricular			
<ul style="list-style-type: none"> ✓ 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) 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ 	

Upper Key Stage Two (Years 5 & 6)

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	✓	✓		✓
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...				



✓ Taking responsibility for self	✓	✓	✓	✓
PE				
✓ 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			✓	
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)	✓	✓		