

Health and Relationships Education - Whole School Overview

In Personal Development we build upon learning from KS1. By the end of year 6 we aim for all pupils to have developed the knowledge and confidence to maintain positive relationships with themselves, their friends, families and the wider community. They will develop the skills to recognise situations which may impact them negatively and have the confidence to protect themselves against unwanted experiences. Pupils will be taught how to keep their bodies healthy. As they reach upper KS2 they will be provided with an understanding of puberty, which includes physical and emotional changes. In the summer of Year 6 pupils can extend their knowledge to include an understanding of sexual reproduction. Throughout their time at Dobcroft; pupils will have the opportunity to address concerns and correct misunderstandings about the world around them. Topics which cover the concept of consent, prejudice, tolerance and privilege and how these are underpinned by the law will be explored. These ideas will be revisited regularly within the context of our community at Dobcroft, our local community and the world around us. Specific lessons will explore how situations may be similar or different on-line. On leaving Dobcroft we expect all pupils to be able to say how they keep themselves safe, happy and able to make healthy life decisions. They should recognise how their choices can impact those around them and how they could get help if things go wrong.



	Family (Fa)	Friends (Fr)	Community ©	Mental Wellbeing (M)	Physical Health (P)	Growing Up (G)
Value Link	We embrace difference We are safe	We are Kind We embrace difference	We embrace difference We try our best We are Kind We are problem solvers	We are safe We are problem solvers We are Kind	We are safe We are problem solvers	We are kind We embrace difference We are safe
Key Vocab From KS1	People, roles, change, loss, moving, forever, feelings, trusted adult, secret, surprise, worried,	Friend, family, stranger, acquaintance, member of my community, Kind, sorry, apologise, difference, different, feelings, thoughts, opinions, perfect, team, include, exclude, leave out, respect, listening, polite, bullying, physical, emotional, group, disability, minority	Rules, right, wrong, penis, vagina, boy, girl, save, earn, spend	angry, happy, nervous, scared, sad, calm, surprised, feelings, online, offline, activities, hobbies, sleep, physical exercise, indoors, outdoors, worried, anxious, scared, nervous, pride, unique,	exercise, diet, sleep, brushing, teeth, diet, healthy, unhealthy, fruit, vegetable, energy, Halal, Kosher, teeth, dentist, clean, wash, disease, germs, chemical, medicine, needles, railway, emergency, police, fire brigade, ambulance	Change, age, baby, child, teenager, adult, elderly,

Year 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical, Social, Health Education	<p>Transition to DJS</p> <p><i>Together we are kind Together we are safe Together we are problem solvers Together we embrace difference Values, team, environment, agreement responsibility</i></p>	<p>Fr1 - What makes a good friend?</p> <p><i>Happy, safe, trust, respect, honesty, kindness, generosity, interests, experiences,</i></p>	<p>Fa1 - Do families always stay the same?</p> <p><i>Foster care, adoption, divorce, break-up, death, grief, illness, disability</i></p> <p>Fa2 - Are all families like mine?</p> <p><i>Religion, skin colour, Islam, Muslim, mosque, prayers, represent, discrimination, same sex</i></p>	<p>P1 - How do I keep my body healthy?</p> <p><i>Active, healthy, exercise, food, nutrition, diet, sugar, fat, protein, vitamins, balance</i></p> <p>P2 - How do I get a healthy diet?</p> <p><i>Balance, risk, obesity, lifestyle, decay</i></p>	<p>P3 - How do I stop getting ill?</p> <p><i>Germs, bacteria, virus, hygiene, infection, sun</i></p>	<p>M1 - How do I manage my feelings?</p> <p><i>Responsibility, anger, happiness, nervousness, fear, surprise, sadness, grief, blame, guilt, ashamed, regret, apologise, stress</i></p>
Online Safeguarding		<p><u>The Social Web</u></p> <p>S1 - Friendship Online</p>		<p><u>Lifestyle & Health</u></p> <p>L1 - Screen Time</p> <p>L2 - Sleep</p>	<p><u>Commercial Risks</u></p> <p>C2 - Personal Information</p> <p>C5 - Passwords</p>	<p><u>Protecting Ourselves</u></p> <p>P1 - Online Strangers</p>



Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical, Social, Health Education	<p>Fr2 - Are all friends the same? <i>Ramadan, Islam, Muslim, bullying, discrimination, gender</i></p> <p>Fr3 - Are friendships always fun? <i>Disagreement, positive and negative emotions, perfect, compromise</i></p>	<p>M2 - Are we happy all the time? <i>feelings, emotions, sadness, depression, anger, happiness, love, self-esteem</i></p>	<p>C1 - How can we make the world fair? <i>Rules, laws, government, vote, rights, police, fair, equal, equality</i></p>	<p>C2 - Where do you feel like you belong? <i>Community, citizen, support, belong, adoption, same-sex,</i></p> <p>C3 - How can we help the people around us? <i>Community, responsibility, acts of kindness</i></p>	<p>Fa3 -Are boys and girls the same? <i>Gender, stereotype, sexism bullying, disability, diversity, religion</i></p>	
Online Safeguarding	<p><u>Protecting Ourselves</u></p> <p>P2 - Sharing Online</p>			<p><u>Lifestyle & Health</u></p> <p>L3 - Deciding what is appropriate</p>	<p><u>Commercial Risks</u></p> <p>C1 - Advertising</p> <p>C3 - Copyright</p> <p>C4 - Suspicious messages</p>	<p><u>News and Information</u></p> <p>N1 - Digital Media</p> <p>N2 - Media Bias</p> <p>N3 - Verifying content and echo chambers</p>



Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical, Social, Health Education	<p>Fa1 - Why do some people get married? <i>Marriage, wedding, ceremony, gay</i></p> <p>Fa2 - Are families ever perfect? <i>consent, secrets, surprises, unwanted</i></p>	<p>Fr1 - What makes a close friend? <i>Kindness, friendship, inclusion, transition</i></p> <p>M1 - Does everybody have the same Feelings? <i>Angry, anxious, worried, frustrated, confused, emotional reaction</i></p>	<p>Fr2 - Should I try and fit in with my friends? <i>jealousy, betrayal, different, excluding, including,</i></p> <p>Fr3 - Should friends tell us what to do? <i>Friendship, boundaries, manipulation tactics, relationship, controlling, consent, dares, peer-pressure</i></p> <p>P1 - Is there such a thing as the perfect body? <i>Body image, self-esteem, unrealistic, expectations, insecurity</i></p>	<p>M2 - Should we be happy all the time? <i>Loss, separation, divorce, bereavement, managing impulsivity, restraint, self-control</i></p> <p>M3 - Why do we argue? <i>listen, respond, impulsivity conflict, resolve, resolution, triggers, restraint, self-control</i></p>	<p>P2 - How can I stay fit and healthy? <i>exercise, balanced diet, protein, carbohydrate, sugar, fat, vitamins, minerals</i></p> <p>P3 -Can I avoid getting ill? <i>Oral hygiene, flossing, tooth decay, plaque</i></p> <p>M4 - Who am I? <i>Identity, emotions</i></p> <p>Fa3 - Is there such a thing as a normal family? <i>Difference, conventional</i></p>	<p>Fr4 - Why are some people unkind? <i>Bullying, cyberculling, discrimination, insecurities, fear, anger</i></p> <p>Sx1 -How do plants and animals reproduce? (taught through science – compulsory)</p> <p>G1 - How will my body change as I get older? <i>Puberty, testicles, penis, Adam’s apple, erection, ejaculation, vagina, vulva, clitoris, discharge, menstruation, period, wet dream</i></p> <p>G2 -How will my feelings change as I get older? <i>Hormones, moods, anxiety, insecurity, self-conscious, risk</i></p> <p>G3 -How will I stay clean during puberty? <i>Hygiene, sweat glands, smegma, genitals, bacteria, essential, luxury, poverty</i></p> <p>G4 - What is Menstruation? <i>Menstruation, menstruator, periods, vagina, vulva, ovaries, ovum, hormones, uterus</i></p>
Online Safeguarding	<u>The Social Web</u>	<u>News and Information</u>	<u>Commercial Risks</u>	<u>Lifestyle & Health</u>	<u>Protecting Ourselves</u>	

	S1 - Control and Consent	N2 - Altering images	C5 - In-app purchases and credit card information	L2 - Self Esteem L3 - Inaccurate Health Information L4 - Digital 5-a-Day L6 - Game ratings	P3 - Unhealthy Attention P4 - Meeting online strangers	
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Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and Relationships Education	<p>Fr5 - What are stereotypes? <i>Gender stereotypes, male, female, man, woman, sexism</i></p> <p>Fr6 - How do I accept my friends for who they are? <i>intersex, non-binary, lesbian, gay, bisexual, transgender, sexual orientation</i></p>	<p>C1 - What is prejudice? <i>Race, racism, segregation, discrimination, prejudice, equality act, gender, sexual orientation, homophobic</i></p> <p>C2 - What is the history of prejudice? <i>History, consequence, law, victim, slavery, civil rights movement</i></p> <p>C3 - What should I do if I encounter prejudice? <i>Pyramid of hate, identify it, challenge it, report it, fight it</i></p>	<p>C4 - How can I be a great citizen? <i>Citizen, disabled people, disability, community, society, built environment</i></p> <p>C5 - Why is money important? <i>Poverty, inequality, privilege, debt, earn, salary, tax</i></p>	<p>P4 - Why do some people take drugs? <i>Drugs, illegal, alcohol, tobacco, cigarettes, addictive, addiction</i></p> <p>P5 -Where should I get my health information? <i>Verify, misinformation, fake news, genuine, accurate, vaccination, 'anti-vax'</i></p> <p>P6 - How do I save a life? <i>Danger, hazard, assessing, environment, CPR, Calling for help, 999</i></p>	<p>C6 - Who belongs in our country? <i>Rights, refugees, asylum seekers, migration, immigrant</i></p> <p>C7 -What does it mean to be British? <i>culture, religion, language</i></p>	<p>Sx2 - <u>Optional</u> lesson on sexual reproduction</p> <p>How are babies made? <i>Penis, pubic hair, foreskin, scrotum, testicles, erection, ejaculate, sperm, urethra, clitoris, anus, vagina, labia, cervix, uterus, ovary, fallopian tube, ovum, reproduction, pregnancy, discharge, fertilisation</i></p>
Online Safeguarding	<p><u>The Social Web</u></p> <p>S2 - Social Media and Cyberbullying</p>	<p><u>News and Information</u></p> <p>N1 - Digital Media</p> <p>N3 – Fake News</p> <p>N4 -Verifying information online</p> <p>N5 - Echo Chambers</p>	<p><u>Commercial Risks</u></p> <p>C1 - Internet advertisements and money on the internet</p> <p>C2 - Personal Information, Terms and Conditions</p>	<p><u>Lifestyle & Health</u></p> <p>L1 - Social Media Anxiety</p> <p>L5 - Online Stereotypes</p>	<p><u>Protecting Ourselves</u></p> <p>P1 - Protecting our identity</p> <p>P2 - Protecting images of us online</p>	

			C3 - Passwords			
			C4 - Copyright (revision)			