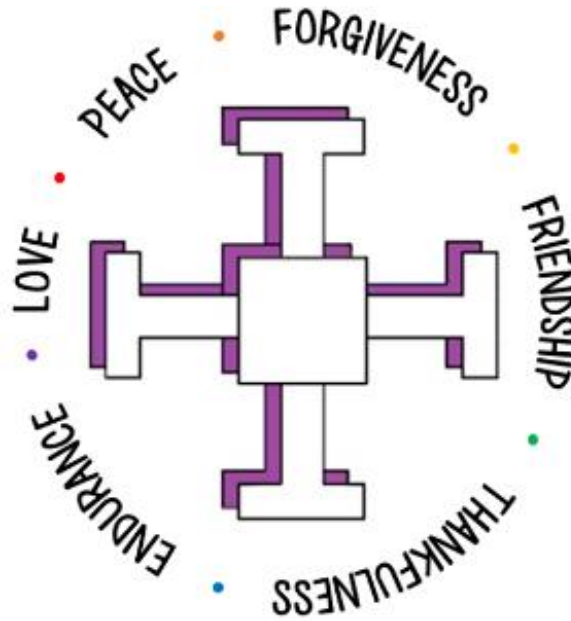


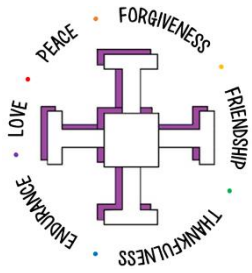
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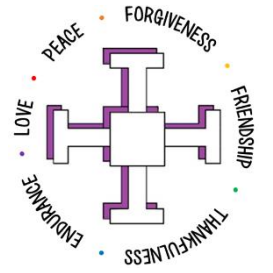
PSHE Health education Long Term Planning

'We value all children as unique 'Children of God' and welcome them into our safe, loving and supportive Christ Church family. We endeavour to use nurture to encourage individuals to flourish and aspire to reach their God given potential. We rejoice in our rich diversity and our broad, balanced curriculum provides opportunities for all to achieve excellence, open minds and inspire dreams both now and the future.'

Achieving excellence, opening minds, inspiring dreams, creating futures.

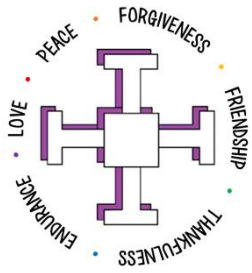


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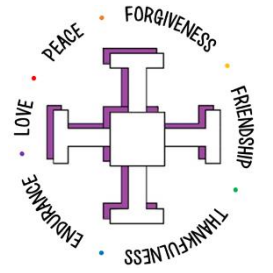


*'Train up a child in the way they should go and when they are old,
they will not depart from it.' Proverbs 22:6*

EYFS Nursery Curriculum Overview				
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 / 2

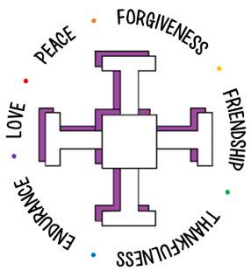


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EYFS Reception RE Curriculum Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

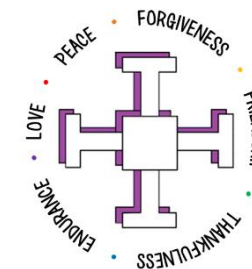


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KSI: Year One PSHE Health Curriculum Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><i>Mental wellbeing</i></p> <p><i>What is mental wellbeing?</i></p>	<p><i>Mental wellbeing</i></p> <p><i>What are emotions?</i></p> <p><i>Happiness, sadness, anger and fear</i></p>	<p><i>Internet safety and harms</i></p> <p><i>What is the internet?</i></p> <p><i>What do people use it for?</i></p>	<p><i>Health lifestyle</i></p> <p><i>What is a healthy diet?</i></p> <p><i>What is exercise?</i></p>	<p><i>Health prevention</i></p> <p><i>Sun safety and dental hygiene</i></p>	<p><i>My body</i></p> <p><i>Calling emergency services</i></p>
SMSC	SMSC				



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KSI: Year Two PSHE Health Curriculum Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental wellbeing</p> <p>What is mental wellbeing?</p> <p>Bullying</p>	<p>Mental wellbeing</p> <p>What are emotions?</p> <p>Benefits of physical exercise</p>	<p>Internet safety and harms</p> <p>Age restriction</p> <p>Rationing time spent</p>	<p>Health lifestyle</p> <p>Characteristics of mental and physical benefits of active lifestyle</p>	<p>Health prevention</p> <p>Sun safety and dental hygiene</p> <p>Sleep</p>	<p>My body</p> <p>Calling emergency services</p>
SMSC	SMSC		SMSC		



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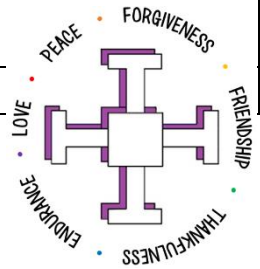
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KS2: Year Three PSHE Health Curriculum Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental wellbeing</p> <p>Isolation and loneliness</p>	<p>Mental wellbeing</p> <p>Support for mental ill health.</p>	<p>Internet safety and harms</p> <p>Internet uses</p> <p>Effect of online actions</p>	<p>Health lifestyle</p> <p>Characteristics of poor diet and risks associated with unhealthy eating</p> <p>Characteristics of good diet and benefits associated with healthy eating</p>	<p>Health prevention</p> <p>Recognise early signs of physical illness</p> <p>Personal hygiene, germs and bacteria</p>	<p>My body</p> <p>Calling emergency services</p> <p>Concepts of basic first aid</p>
	SMSC				



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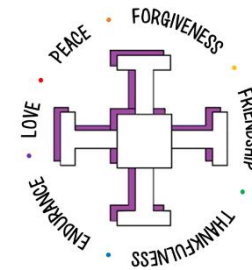


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KS2: Year Four PSHE Health Curriculum Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><i>Mental wellbeing</i></p> <p><i>Isolation and loneliness</i></p>	<p><i>Mental wellbeing</i></p> <p><i>Support for mental ill health.</i></p>	<p><i>Internet safety and harms</i></p> <p><i>Internet uses</i></p> <p><i>Effect of online actions</i></p>	<p><i>Health lifestyle</i></p> <p><i>Characteristics of poor diet and risks associated with unhealthy eating</i></p> <p><i>Characteristics of good diet and benefits associated with healthy eating</i></p>	<p><i>Health prevention</i></p> <p><i>Recognise early signs of physical illness</i></p> <p><i>Personal hygiene, germs and bacteria</i></p>	<p><i>My body</i></p> <p><i>Calling emergency services</i></p> <p><i>Concepts of basic first aid</i></p> <p><i>About menstrual wellbeing (girls only)</i></p>
SMSC	SMSC				

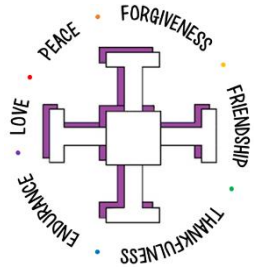


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KS2: Year Five PSHE Curriculum Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><i>Mental wellbeing</i></p> <p><i>Scale of emotions that humans experience.</i></p> <p><i>Simple self-care techniques</i></p>	<p><i>Mental wellbeing</i></p> <p><i>Support for mental ill health.</i></p> <p><i>Bullying</i></p>	<p><i>Internet safety and harms</i></p> <p><i>Rationing time spent, risks of excessive time spent online.</i></p> <p><i>Discerning consumer of information, search engines is ranked</i></p>	<p><i>Health lifestyle</i></p> <p><i>Risks associated with in active lifestyle (including obesity)</i></p> <p><i>Principles of planning and preparing healthy meals</i></p> <p><i>Legal and illegal substances</i></p>	<p><i>Health prevention</i></p> <p><i>Sleep quality</i></p> <p><i>Facts and science relating to science of allergies and immunisation</i></p>	<p><i>My body</i></p> <p><i>Calling emergency services</i></p> <p><i>Concepts of basic first aid</i></p> <p><i>Key facts about puberty including physical and emotional changes</i></p>
SMSC	SMSC				



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KS2: Year Six PSHE Curriculum Overview					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><i>Mental wellbeing</i></p> <p><i>Scale of emotions that humans experience.</i></p> <p><i>Simple self-care techniques</i></p> <p><i>Benefits of exercise</i></p>	<p><i>Mental wellbeing</i></p> <p><i>How and where to seek support</i></p> <p><i>Bullying</i></p>	<p><i>Internet safety and harms</i></p> <p><i>Rationing time spent, risks of excessive time spent online.</i></p> <p><i>Consider effects of online actions</i></p>	<p><i>Health lifestyle</i></p> <p><i>Risks associated with in active lifestyle (including obesity)</i></p> <p><i>What constitutes a healthy diet (including calories)</i></p> <p><i>Legal and illegal substances</i></p>	<p><i>Health prevention</i></p> <p><i>Sleep quality</i></p> <p><i>Facts and science relating to science of allergies and immunisation</i></p>	<p><i>My body</i></p> <p><i>Calling emergency services</i></p> <p><i>Concepts of basic first aid</i></p> <p><i>Key facts about puberty including physical and emotional changes</i></p>
SMSC	SMSC				

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