

Health Education

Mental wellbeing	Y1	Y2	Y3	Y4	Y5	Y6
that mental wellbeing is a normal part of daily life, in the same way as physical health	Promoted in the Sandwell Wellbeing (SWB) Healthy Mind, Happy Me curriculum	Promoted in the Sandwell Wellbeing (SWB) Healthy Mind, Happy Me curriculum	Promoted in the Sandwell Wellbeing (SWB) Healthy Mind, Happy Me curriculum	S Promoted in the Sandwell Wellbeing (SWB) Healthy Mind, Happy Me curriculum Lodge Primary RHE Curriculum – Lesson 4.	Promoted in the Sandwell Wellbeing (SWB) Healthy Mind, Happy Me curriculum	Promoted in the Sandwell Wellbeing (SWB) Healthy Mind, Happy Me curriculum
that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations	SWB Belonging (Year 1, Lesson 4, 5) Lodge Primary RHE Curriculum – Lesson 5	SWB All About Me (Lesson 2-3)	SWB Friendships (Lesson 2 and 4) SWB Belonging (Year 3, Lesson 4, 5)	SWB All About Me, (Lesson 2-3) SWB Resilience (Year 4, lesson 2 to 6)	SWB Friendships (Lesson 2) SWB Belonging (Year 5, Lesson 4)	SWB All About Me, (Lesson 2-3) SWB Resilience (Year 4, lesson 2 to 6)

				Lodge Primary RHE Curriculum – Lesson 5		Lodge Primary RHE Curriculum – Lesson 1 and 4
how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings	SWB Belonging (Year 1, Lesson 4, 5) Lodge Primary RHE Curriculum – Lesson 1 and 3	SWB All About Me (Lesson 2- 3) Lodge Primary RHE Curriculum – Lesson 1 and 2	SWB Friendships (Lesson 2 and 4) SWB Belonging (Year 3, Lesson 4, 5) Lodge Primary RHE Curriculum – Lesson 5	SWB All About Me, (Lesson 2- 3) SWB Resilience (Year 4, lesson 2 to 6) Lodge Primary RHE Curriculum – Lesson 1 and 5	SWB Friendships (Lesson 2) SWB Belonging (Year 5, Lesson 4) Lodge Primary RHE Curriculum – Lesson 3 and 5	SWB All About Me, (Lesson 2- 3) SWB Resilience (Year 4, lesson 2 to 6) Lodge Primary RHE Curriculum – Lesson 2
how to judge whether what they are feeling and how they are behaving is appropriate and proportionate	SWB Belonging, Lesson 2, 4, 5	SWB All About Me Lesson 3 SWB Resilience lesson 1, 2, 4, 5, 6	SWB Belonging, Lesson 4 and 5	SWB All About Me, Lesson 2,3 5 SWB Resilience (Lesson 1 to 6) Lodge Primary	SWB Belonging, Lesson 2, 4, 5 Lodge Primary RHE Curriculum – Lesson 5	SWB All About Me, (Lesson 2,3,5) SWB Resilience (lesson 1 to 6) Lodge Primary

				RHE Curriculum – Lesson 5		RHE Curriculum – Lesson 2 and 3
the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness	SWB My Wider World: Implied throughout the unit of work		SWB My Wider World: Implied throughout the unit of work Lodge Primary RHE Curriculum – Lesson 5		SWB My Wider World: Implied throughout the unit of work Lodge Primary RHE Curriculum – Lesson 5	
simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	SWB Belonging (Year 1, Lesson 4), (Year 3, Lesson 4), (Year 5, Lesson 4), Lodge Primary RHE Curriculum – Lesson 1 and 2	SWB All About Me (Year 2: Lesson 3) SWB Resilience, (Year 2, lesson 1, 2, 5 and 6) Lodge Primary RHE Curriculum – Lesson 1	SWB Belonging Lesson 4 Lodge Primary RHE Curriculum – Lesson 5	SWB All About Me : Lesson 1 and 6), SWB Resilience, (lesson 1, 5-6)	SWB Belonging: Lesson 4	SWB All About Me : lesson 1), SWB Resilience, Year 6, lesson 1, 5 and 6

isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	SWB Belonging (Year 1, Lesson 4), (Year 3, Lesson 4), (Year 5, Lesson 4), Lodge Primary RHE Curriculum – Lesson 3 and 5	SWB All About Me (Year 2: Lesson 3) SWB Resilience, (Year 2, lesson 1, 2, 5 and 6) Lodge Primary RHE Curriculum – Lesson 3	SWB Belonging Lesson 4 Lodge Primary RHE Curriculum – Lesson 5	SWB All About Me : Lesson 1 and 6), SWB Resilience, (lesson 1, 5-6)	SWB Belonging: Lesson 4 Lodge Primary RHE Curriculum – Lesson 1	SWB All About Me : lesson 1), SWB Resilience, Year 6, lesson 1, 5 and 6
that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing	SWB Belonging (Year 1, Lesson 5) Lodge Primary RHE Curriculum – Lesson 5	Lodge Primary RHE Curriculum – Lesson 3	SWB Belonging (Year 3, Lesson 5) Lodge Primary RHE Curriculum – Lesson 5	SWB Resilience (Year 4, lesson 5) Lodge Primary RHE Curriculum – Lesson 2	SWB Belonging (Year 5, Lesson 5) Lodge Primary RHE Curriculum – Lesson 4	SWB Resilience (Year 6, lesson 5), Lodge Primary RHE Curriculum – Lesson 3 and 4
where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online)	SWB Belonging (Year 1, Lesson 2, 3, 4, 5)	SWB All About Me (Year 2: Lesson 3), Being the Best (Year	SWB Belonging (Year 3, Lesson 3-5),	SWB Resilience Year 4, lesson 1, 2, 3, 5, 6)	SWB Belonging (Year 5, Lesson 2 - 5),	SWB Resilience (Year 6, lesson 1, 2, 3, 5, 6)

	My Wider World (Year 1, lesson 2 - 5)	2, lesson 2) Lodge Primary RHE Curriculum – Lesson 4	My Wider World (Year 3, lesson 5)	SWB Being the Best (Year 4, lesson 2) Lodge Primary RHE Curriculum – Lesson 4	(Year 5, lesson 6) SWB My Wider World (Year 5, lesson 6) Lodge Primary RHE Curriculum – Lesson 5	Being the Best (Year 6, lesson 2) Lodge Primary RHE Curriculum – Lesson 5 and 6
it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough		SWB All About Me (Year 2: Lesson 3) SWB Resilience (Year 2, lesson 3 to 6),		SWB All About Me (Year 4, Lesson 3 and 6), SWB Resilience (Year 4, lesson 2, 4, 5-6), Lodge Primary RHE Curriculum – Lesson 4		SWB All About Me (Year 6, Lesson 3), SWB Resilience (Year 6, lesson 2, 4, 5-6), Lodge Primary RHE Curriculum – Lesson 4

Internet safety and harms	Y1	Y2	Y3	Y4	Y5	Y6
that for most people the internet is an integral part of life and has many benefits	E-safety Curriculum – Digital Literacy – Lesson 1-2	E-safety Curriculum – Digital Literacy – Lesson 4	Dot Com – Lesson 16 – Social Media E-safety Curriculum – Digital Literacy – Lesson 5	Dot Com – Lesson 16 – Social Media E-safety Curriculum – Digital Literacy – Lesson 1	Lodge Primary RHE Curriculum – Lesson 4	E-safety Curriculum – Digital Literacy – Lesson 1
about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing			Lodge Primary RHE Curriculum – Lesson 4		E-safety Curriculum – Digital Literacy – Lesson 5 Lodge Primary RHE Curriculum – Lesson 4	Lodge Primary RHE Curriculum – Lesson 5
how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private	E-safety Curriculum – Digital Literacy – Lesson 3		E-safety Curriculum – Digital Literacy – Lesson 1 Lodge Primary RHE Curriculum – Lesson 4	E-safety Curriculum – Digital Literacy – Lesson 2	E-safety Curriculum – Digital Literacy – Lesson 1 Lodge Primary RHE Curriculum – Lesson 4	E-safety Curriculum – Digital Literacy – Lesson 3 Lodge Primary RHE Curriculum – Lesson 5

<p>why social media, some computer games and online gaming, for example, are age restricted</p>			<p>Dot Com – Lesson 16 – Social Media</p> <p>Lodge Primary RHE Curriculum – Lesson 4</p>	<p>Dot Com – Lesson 16 – Social Media</p>	<p>Lodge Primary RHE Curriculum – Lesson 4</p>	<p>Dot Com – Lesson 21 – Social Media</p> <p>Lodge Primary RHE Curriculum – Lesson 5</p>
<p>that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</p>		<p>E-safety Curriculum – Digital Literacy – Lesson 3</p>	<p>E-safety Curriculum – Digital Literacy – Lesson 4</p>	<p>E-safety Curriculum – Digital Literacy – Lesson 3</p>	<p>E-safety Curriculum – Digital Literacy – Lesson 1</p> <p>Lodge Primary RHE Curriculum – Lesson 4</p>	<p>E-safety Curriculum – Digital Literacy – Lesson 4</p> <p>Lodge Primary RHE Curriculum – Lesson 5</p>
<p>how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted</p>		<p>E-safety Curriculum – Digital Literacy – Lesson 5</p>	<p>E-safety Curriculum – Digital Literacy – Lesson 3</p>		<p>E-safety Curriculum – Digital Literacy – Lesson 3</p> <p>Lodge Primary RHE</p>	<p>E-safety Curriculum – Digital Literacy – Lesson 5</p>

					Curriculum – Lesson 4	
where and how to report concerns and get support with issues online		E-safety Curriculum – Digital Literacy – Lesson 3	Lodge Primary RHE Curriculum – Lesson 4		Lodge Primary RHE Curriculum – Lesson 4	E-safety Curriculum – Digital Literacy – Lesson 3 Lodge Primary RHE Curriculum – Lesson 5
Physical health and fitness	Y1	Y2	Y3	Y4	Y5	Y6
the characteristics and mental and physical benefits of an active lifestyle	Taught through PE lessons throughout the year	Taught through PE lessons throughout the year	Taught through PE lessons throughout the year	Taught through PE lessons throughout the year Dot Com Curriculum – Lesson 14 - Looking after my health	Taught through PE lessons throughout the year	Taught through PE lessons throughout the year Dot Com Curriculum – Lesson 14 - Healthy body
the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile	Daily Mile

	Walk to school initiative	Walk to school initiative	Walk to school initiative	Walk to school initiative	Walk to school initiative	Walk to school initiative
the risks associated with an inactive lifestyle (including obesity)				Dot Com - Lesson 19 - Looking after my health	Lodge RHE Curriculum– Active and Asleep	Dot Com Curriculum – Lesson 14 - Healthy body Science – Animals including humans topic – Heart health
how and when to seek support including which adults to speak to in school if they are worried about their health				Dot Com Curriculum – Lesson 14 - Looking after my health	Lodge RHE Curriculum– Active and Asleep	Dot Com Curriculum – Lesson 14 - Healthy body Science – Animals including humans topic – Heart health
Basic First Aid	Y1	Y2	Y3	Y4	Y5	Y6
how to make a clear and efficient call to emergency services if necessary					Dot com curriculum, - Lesson 19	Dot com curriculum, - Lesson 19 – Fire and

					– Value of 999 calls	Emergency Calls
concepts of basic first-aid, for example dealing with common injuries, including head injuries			St Johns Ambulance Curriculum – Bites and stings	St Johns Ambulance Curriculum – Asthma	St Johns Ambulance Curriculum – Bleeding including head injuries	St Johns Ambulance Curriculum – Choking

Healthy eating	N	R	Y1	Y2	Y3	Y4	Y5	Y6
what constitutes a healthy diet (including understanding calories and other nutritional content)					Science – Year 3 – Nutrition (Animals including humans)			Dot Com Curriculum – Lesson 8 – Healthy body
the principles of planning and preparing a range of healthy meals					Science – Year 3 – Nutrition (Animals including humans)			Dot Com Curriculum – Lesson 8 – Healthy body
the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)								Dot Com Curriculum Lesson 12 - Alcohol Lodge Primary RHE Curriculum – Lesson 5
Drugs, alcohol and tobacco	N	R	Y1	Y2	Y3	Y4	Y5	Y6
the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking								Dot Com Lesson 10 - Looking at risks to my body - Drugs Dot Com - Lesson 11

								Influences- Aerosols Lesson 12 - Alcohol Lesson 13 -Smoking Lodge Primary RHE Curriculum - Lesson 5
Health and prevention	N	R	Y1	Y2	Y3	Y4	Y5	Y6
about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	Sun Safety week - May	Sun Safety week - May	Sun Safety week - May	Sun Safety week - May	Sun Safety week - May	Sun Safety week - May	Sun Safety week - May	Sun Safety week - May
the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn				Lodge RHE Curriculum- Active and Asleep		Lodge RHE Curriculum- Good night, Good Day Lesson		
about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist			Lodge RHE Curriculum- All about healthy teeth			Lodge RHE Curriculum- Healthy teeth		
about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing				Lodge RHE Curriculum- Clean as a whistle lesson	Lodge RHE Curriculum- Cough, Splutter Sneeze lesson			Lodge Primary RHE Curriculum - Lesson 6
the facts and science relating to allergies, immunisation and vaccination			Lodge RHE Curriculum-				Lodge RHE Curriculum-	

			The immune system and vaccines				Taking care of our bodies	
how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body							Lodge RHE Curriculum– Taking care of our bodies	
Changing adolescent body	N	R	Y1	Y2	Y3	Y4	Y5	Y6
key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes							Lodge Primary RHE Curriculum – Lesson 6	Lodge Primary RHE Curriculum – Lesson 6
about menstrual wellbeing including the key facts about the menstrual cycle							Lodge Primary RHE Curriculum – Lesson 6	Lodge Primary RHE Curriculum – Lesson 6

Relationships Education

Families and People Who Care for Me	Y1	Y2	Y3	Y4	Y5	Y6
Families are important for children growing up because they can give love, security and stability		Lodge Primary RHE Curriculum Lessons: 1,2, 5				Lodge Primary RHE Curriculum Lessons : 1
Characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and carefor children and other family members, the importance of spending time together and sharing each other’s lives		Lodge Primary RHE Curriculum Lessons: 1 ,2		Lodge Primary RHE Curriculum Lessons:1		Lodge Primary RHE Curriculum Lessons: 1
Others’ families, either in school or in the wider world, sometimes look different from their family, but that theyshould respect those differences and know that other children’s families are also characterised by love and care		Lodge Primary RHE Curriculum Lessons: 2	Lodge Primary RHE Curriculum Lessons: 3			Lodge Primary RHE Curriculum Lessons: 3
Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important forchildren’s security as they grow up		Lodge Primary RHE Curriculum Lessons: 2		Lodge Primary RHE Curriculum Lessons: 1		

Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong				Lodge Primary RHE Curriculum Lessons: 1		
How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed					Lodge Primary RHE Curriculum Lessons: 3	Lodge Primary RHE Curriculum Lessons: 4
Caring Friendships	Y1	Y2	Y3	Y4	Y5	Y6
How important friendships are in making us feel happy and secure, and how people choose and make friends	Lodge Primary RHE Curriculum Lessons: 1, 3, 4 SWB Friendships : Lessons 1-5		SWB Friendships : Lessons 4 and 5	Lodge Primary RHE Curriculum Lessons: 1 SWB Friendships : Lessons 1-5	SWB Friendships : Lessons 1-5	Lodge Primary RHE Curriculum Lessons: 1
Characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	Lodge Primary RHE Curriculum			Lodge Primary RHE Curriculum	Lodge Primary RHE Curriculum	Lodge Primary RHE Curriculum

	<p>m Lessons: 1, 4</p> <p>SWB Friends hips : Lessons 1-5</p>			<p>m Lessons: 1</p> <p>SWB Friends hips : Lessons 4 and 5</p>	<p>Lessons: 1</p>	<p>Lessons: 1</p>
<p>Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p>	<p>Lodge Primary RHE Curriculu m Lessons: 3, 4, 5</p>		<p>SWB Friendships : Lessons 1 and 4</p>		<p>Lodge Primary RHE Curriculum Lessons: 1</p> <p>SWB Friends hips : Lessons 1 and 4</p>	
<p>Most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right</p>	<p>Lodge Primary RHE Curriculu m Lessons: 5</p> <p>SWB Friendshi ps : Lessons 1</p>		<p>SWB Friendships : Lessons 4 and 5</p>		<p>Lodge Primary RHE Curriculum Lessons: 1, 2</p> <p>SWB Friendshi ps : Lessons 4 and 5</p>	

	and 4					
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, how to manage these situations and how to seek help or advice from others, if needed				Lodge Primary RHE Curriculum Lessons: 2	Lodge Primary RHE Curriculum Lessons: 1, 2	Lodge Primary RHE Curriculum Lessons: 4

Respectful Relationships	Y1	Y2	Y3	Y4	Y5	Y6
Importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	Lodge Primary RHE Curriculum Lessons: 1,2	Lodge Primary RHE Curriculum Lessons: 3	Lodge Primary RHE Curriculum Lessons: 2, 3	Lodge Primary RHE Curriculum Lessons: 3		Lodge Primary RHE Curriculum Lessons: 2, 3
Practical steps pupils can take in a range of different contexts to improve or support respectful relationships			Lodge Primary RHE Curriculum Lessons: 3	Lodge Primary RHE Curriculum Lessons: 1	Lodge Primary RHE Curriculum Lessons: 3	Lodge Primary RHE Curriculum Lessons: 1, 2
Conventions of courtesy and manners	Lodge Primary RHE Curriculum Lessons: 4			Lodge Primary RHE Curriculum Lessons: 1		Lodge Primary RHE Curriculum Lessons: 1, 2, 4
Importance of self-respect and how this links to their own happiness	Lodge Primary RHE Curriculum Lessons: 4	Lodge Primary RHE Curriculum Lessons:	Lodge Primary RHE Curriculum Lessons: 5	Lodge Primary RHE Curriculum Lessons: 3		Lodge Primary RHE Curriculum Lessons: 2, 4
In school and in wider society pupils can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	Lodge Primary RHE Curriculum Lessons: 4		Lodge Primary RHE Curriculum Lessons: 1, 3			Lodge Primary RHE Curriculum Lessons: 2, 3, 4

Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	Anti-bullying week	Anti-bullying week Lodge Primary RHE Curriculum Lessons: 3	Anti-bullying week	Anti-bullying week Lodge Primary RHE Curriculum Lessons: 2	Anti-bullying week	Anti-bullying week
What a stereotype is, and how stereotypes can be unfair, negative or destructive	Lodge Primary RHE Curriculum Lessons: 2			Lodge Primary RHE Curriculum Lessons: 3		Lodge Primary RHE Curriculum Lessons: 3
Importance of permission-seeking and giving in relationships with friends, peers and adults					Lodge Primary RHE Curriculum Lessons: 2	
Online Relationships	Y1	Y2	Y3	Y4	Y5	Y6
People sometimes behave differently online, including by pretending to be someone they are not		E-safety Curriculum – Digital Literacy – Lesson 3	Lodge Primary RHE Curriculum Lessons: 4			
The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous			Lodge Primary RHE	E-safety		

			Curriculum Lessons: 4 E-safety Curriculum – Digital Literacy – Lesson 3	Curriculum – Digital Literacy – Lesson 1		
Rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	E-safety Curriculum – Digital Literacy – Lesson 1, 3	E-safety Curriculum – Digital Literacy – Lesson 1,2 and 3	E-safety Curriculum – Digital Literacy – Lesson 1 Lodge Primary RHE Curriculum Lessons: 4			E-safety Curriculum – Digital Literacy – Lesson 1,4 and 6
How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met		E-safety Curriculum – Digital Literacy – Lesson 3	Lodge Primary RHE Curriculum Lessons: 4		E-safety Curriculum – Digital Literacy – Lesson 3	E-safety Curriculum – Digital Literacy – Lesson 3

How information and data is shared and used online.					Lodge Primary RHE Curriculum Lessons: 3,4	

