



KS1 It's My Body

PSHE Association Objectives

R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private

R16. about how to respond if physical contact makes them feel uncomfortable or unsafe

R17. about knowing there are situations when they should ask for permission and also when their permission should be sought

R18. about the importance of not keeping adults' secrets (only happy surprises that others will find out about eventually)

R20. what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard

H10. about the people who help us to stay physically healthy

Health Objectives

Mental Wellbeing: 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

Mental Wellbeing: 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)

Relationships Objectives

Families and People Who Care for Me: how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Caring 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, how to manage these situations and how to seek help or advice from others, if needed

Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships

Respectful Relationships: that in school and in wider society they 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

Respectful Relationships: the importance of permission-seeking and giving in relationships with friends, peers and adults

Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)

Being Safe: about the 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

Being Safe: that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact

Being Safe: how to recognise and report feelings of being unsafe or feeling bad about any adult

Being Safe: how to report concerns or abuse, and the vocabulary and confidence needed to do so

Lesson 1: My Body, My Business

Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 2: Active and Asleep	<p>H3. about how physical activity helps us to stay healthy; and ways to be physically active everyday</p> <p>H4. about why sleep is important and different ways to rest and relax</p> <p>H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p>	<p>Mental Wellbeing: that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>Mental Wellbeing: 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</p> <p>Mental Wellbeing: the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</p> <p>Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>Internet Safety and Harms: 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</p> <p>Physical Health and Fitness: the characteristics and mental and physical benefits of an active lifestyle</p> <p>Physical Health and Fitness: 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</p> <p>Physical Health and Fitness: the risks associated with an inactive lifestyle (including obesity)</p> <p>Health and Prevention: the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p>	<p>Being Safe: where to get advice, for example family, school or other sources</p>
Lesson 3: Happy, Healthy Food	<p>H2. about foods that support good health and the risks of eating too much sugar</p> <p>H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>H10. about the people who help us to stay physically healthy</p>	<p>Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p> <p>Healthy Eating: what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>Healthy Eating: the principles of planning and preparing a range of healthy meals</p> <p>Healthy Eating: 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)</p>	<p>Being Safe: where to get advice, for example family, school or other sources</p>

		Health and Prevention: about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	
Resource	PSHE Association Objectives	Health Objectives	Relationships Objectives
Lesson 4: Clean as a Whistle	<p>H5. simple hygiene routines that can stop germs from spreading</p> <p>H6. that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p>H7. about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>H10. about the people who help us to stay physically healthy</p>	<p>Healthy Eating: 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)</p> <p>Health and Prevention: about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist</p> <p>Health and Prevention: about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing</p>	<p>Being Safe: where to get advice, for example family, school or other sources</p>
Lesson 5: Can I Eat It?	<p>H29. to recognise risk in simple everyday situations and what action to take to minimise harm</p> <p>H31. that household products (including medicines) can be harmful if not used correctly</p> <p>H37. about things that people can put into their body or on their skin; how these can affect how people feel</p>	<p>Physical Health and Fitness: how and when to seek support including which adults to speak to in school if they are worried about their health</p> <p>Drugs, Alcohol and Tobacco: the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking</p>	<p>Being Safe: how to ask for advice or help for themselves or others, and to keep trying until they are heard</p> <p>Being Safe: where to get advice, for example family, school or other sources</p>
Lesson 6: I Can Choose	<p>H1. about what keeping healthy means; different ways to keep healthy</p> <p>H8. how to keep safe in the sun and protect skin from sun damage</p> <p>H9. about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV</p> <p>R17. about knowing there are situations when they should ask for permission and also when their permission should be sought</p>	<p>Mental Wellbeing: that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p>Mental Wellbeing: 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</p> <p>Mental Wellbeing: 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</p> <p>Mental Wellbeing: how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p> <p>Mental Wellbeing: simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p>Respectful Relationships: practical steps they can take in a range of different contexts to improve or support respectful relationships</p> <p>Respectful Relationships: the importance of permission-seeking and giving in relationships with friends, peers and adults</p> <p>Being Safe: what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</p> <p>Being Safe: that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p> <p>Being Safe: where to get advice, for example family, school or other sources</p>

Mental Wellbeing: isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support

Mental Wellbeing: 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)

Internet Safety and Harms: 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

Health and Prevention: about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer

Health and Prevention: the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn