

Appendix A: RSE & Health Provision at Hayward's Linked to DfE Guidance Outcomes

Relationship Education (Primary)

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Families and people who care for me.	That families are important for children growing up because they can give love, security and stability.	PSHE Autumn 1 Y1, 6 PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 PSHE Summer 2 Y6 RE Curriculum		PSHE Book Selection SEAL Resources	Family Support Worker – Angie Sawyer	Family SEAL Year 4
	The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family member, the importance of spending time together and sharing other's lives.	PSHE Autumn 1 Y1, 6 PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 PSHE Summer 2 Y6		PSHE Book Selection SEAL Resources	Family Support Worker – Angie Sawyer	Anti-Bullying Week Family SEAL Year 4
	The others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that the other children's families are also characterised by love and care for them.	PSHE Autumn 1 Y1, 6 PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 PSHE Summer 2 Y6 RE Curriculum		PSHE Book Selection SEAL Resources	Cultural Champions Visitor Open the Book Assembly	Anti-Bullying Week Family SEAL Year 4 British Values
	That stable, caring relationship, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	PSHE Autumn 1 Y1, 6 PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 PSHE Summer 2 Y6 RE Curriculum		PSHE Book Selection SEAL Resources	Family Support Worker – Angie Sawyer	Anti-Bullying Week Family SEAL Year 4
	That marriage and civil partnership represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	PSHE Summer 1 Y3, 4 PSHE Summer 2 RE Curriculum		PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values
	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	PSHE Summer 1 Y3, 4, 5, 6	Pastoral leads All staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Angie Sawyer	Family SEAL Year 4 Worry bags

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Caring Friendships	How important friendships are in making us feel happy and secure, and how people choose and make friends.	PSHE Summer 1 YR, 1, 4, 5, 6	Pastoral leads	PSHE Book Selection SEAL Resources		Healthy Hero Days
	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, trust, sharing interests and experiences and support with problems and difficulties.	PSHE Summer 1 YR, 1, 4, 5, 6 RE Curriculum	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values
	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	PSHE Summer 1 YR, 1, 4, 5, 6	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week Healthy Hero Days British Values
	The 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.	PSHE Autumn 1 Y1, 2, 3, 4 PSHE Summer 2 Y3, 4	Pastoral leads	PSHE Book Selection SEAL Resources		British Values
	How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, how to manage these situations and how to seek help or advice from others, if needed.	PSHE Autumn 1 Y3, 4, 5 PSHE Autumn 2 Y1, 2, 3, 4, 5, 6 PSHE Spring 1 YR, 1, 2, 3, 4, 5 PSHE Summer 1 Y5, 6 PSHE Summer 2 Y5, 6	Pastoral leads	PSHE Book Selection SEAL Resources	CAP, NSPCC	Worry bags British Values

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Respectful Relationships	The importance of respecting others, even when they are very different from the (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 RE Curriculum	Pastoral leads	PSHE Book Selection SEAL Resources	Cultural Champions Visitor Open the Book Assembly	Anti-Bullying Week School Council, Sports Council, Eco Council British Values
	The conventions of courtesy and manners.	PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values
	The importance of self-respect and how this links to their own happiness.	PSHE Autumn 2 Y3	Pastoral leads All staff Thrive training	PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values
	The 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.	PSHE Autumn 1 YR, 1, 2, 3, 4, 5, 6 PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 PSHE Summer 2 Y6	Pastoral leads	PSHE Book Selection SEAL Resources	Cultural Champions Visitor Open the Book Assembly	Anti-Bullying Week Charity work School Council, Sports Council, Eco Council Ambassadors British Values
	About different types of bullying (including cyber bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	PSHE Autumn 1 Y3, 4, 5 PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 RE Curriculum		PSHE Book Selection SEAL Resources	Cultural Champions Visitor	Anti-Bullying Week Worry bags British Values
	What a stereotype is, and how stereotypes can be unfair, negative or destructive.	PSHE Autumn 2 Y4, 5, 6 RE Curriculum		PSHE Book Selection SEAL Resources	Cultural Champions Visitor Open the Book Assembly	Anti-Bullying Week British Values
	The importance of permission-seeking and giving in relationships with friends, peers and adults.	PSHE Summer 2 Y6		PSHE Book Selection SEAL Resources	CAP, NSPCC	Anti-Bullying Week British Values

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Online Relationships	That people sometimes behave differently online, including by pretending to be someone they are not.	ICT Curriculum	ICT Coordinator	PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week
	That 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.	PSHE Summer 1 Y5, 6 ICT Curriculum	ICT Coordinator	PSHE Book Selection SEAL Resources	CAP, NSPCC	Anti-Bullying Week Internet Safety Week British Values
	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.	PSHE Autumn 2 Y2 PSHE Spring 1 YR, 1, 2, 3, 4, 5, 6 ICT Curriculum	ICT Coordinator	PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week
	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.	PSHE Autumn 2 Y2 PSHE Spring 1 YR, 1, 2, 3, 4, 5, 6 ICT Curriculum	ICT Coordinator	PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week
	How information and data is shared and used online.	ICT Curriculum	ICT Coordinator	PSHE Book Selection SEAL Resources		Internet Safety Week
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Science Curriculum (No right to withdraw)	The names of external body parts and changes to the human body as it grows, including puberty.	Relationship Education (See policy) PSHE Spring 1 Y1, 2 PSHE Summer 2 YR, 1, 2, 3, 4, 5, 6 Science Curriculum		See RSE box Channel 4 'Living & Growing' series Sex and Relationship education books.		Parent Consultation
	The human life cycle, including how a baby is conceived and born.	Relationship Education (See policy) PSHE Spring 1 Y1, 2 PSHE Summer 2 YR, 1, 2, 3, 4, 5, 6 Science Curriculum		See RSE box Channel 4 'Living & Growing' series Sex and Relationship education books.		Parent Consultation

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Being Safe	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	PSHE Autumn 1 YR PSHE Autumn 2 Y3 PSHE Spring 1 Y3 PSHE Summer 1 Y4, 5, 6 ICT Curriculum		PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week British Values
	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.	PSHE Autumn 2 Y1, Y2 PSHE Spring 1 Y1, 2, 3 PSHE Summer 2 Y5, 6 ICT Curriculum	Pastoral leads	PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week British Values
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other contact.	PSHE Spring 1 YR, 1, 2, 3, 4, 5, 6		PSHE Book Selection SEAL Resources	CAP, NSPCC	
	How to respond safely and appropriately to adults they may encounter that they don't know.	PSHE Spring 1 YR, 1, 2, 3, 4, 5, 6 ICT Curriculum		PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week
	How to ask for help for self and others, and to keep trying until they are heard, including having the vocabulary and confidence to report concerns or abuse.	PSHE Autumn 1 YR, 1, 2, 3, 4, 5 PSHE Autumn 2 YR, 1, 2, 3, 4, 5, 6 PSHE Spring 1 YR, 1, 2, 3, 4, 5, 6 PSHE Summer 1 Y1, 2, 3, 5, 6 PSHE Summer 2 YR, 5, 6 ICT Curriculum	Pastoral leads	PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week Family SEAL Worry bags
	Where to get advice from e.g. family, school and/or other sources.	PSHE Autumn 1 YR, 1, 2, 3, 4, 5, 6 PSHE Spring 2 Y4, 5, 6 ICT Curriculum	Pastoral leads	PSHE Book Selection SEAL Resources	CAP, NSPCC	Internet Safety Week Worry bags

Physical Health and Mental Well Being (Primary)

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Mental Well Being	That mental wellbeing is a normal part of daily life, in the same way as physical health.	PSHE Spring 2 Y2, 4, 5	<u>Mental Health 1st Aid training</u> : Ann Hext, Scott Baker <u>Mental Health Champions</u> : Ann Hext, Anoushka Kirby <u>Grief Training</u> : Scott Baker, Carol Peachy, Emma Sharples, Ruth Dixon Pastoral leads in each unit All staff have had Thrive training and a cycle of updates.	PSHE Book Selection SEAL Resources	Family Support Worker – Angie Sawyer Amanda Tyler – Educational Psychologist Matt Jones – Staff Well Being support Exeter Chiefs – Mental Health programme	Mental Health Hero Day Anipals Tanglewood
	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.	PSHE Summer 1 YR, 1, 2, 3, 4, 5, 6	Pastoral leads All staff Thrive training	PSHE Book Selection SEAL Resources		Mental Health Hero Day Anipals Tanglewood British Values
	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.	PSHE Summer 1 YR, 1, 2, 3, 4, 5, 6	Pastoral leads All staff Thrive training	PSHE Book Selection SEAL Resources		Mental Health Hero Day Anipals Tanglewood
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	PSHE Autumn 1 YR, 1, 2, 3, 4, 5, 6 PSHE Summer 1 YR, 1, 2, 3, 4, 5, 6	Pastoral leads All staff Thrive training	PSHE Book Selection SEAL Resources		Internet Safety Week Healthy Hero Days Mental Health Hero Day Anipals Tanglewood

	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	PSHE Autumn 1 Y2 PSHE Autumn 2 Y1, 4 PSHE Spring 2 YR, 1, 2, 3, 4, 5 PSHE Summer 2 Y2 PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs – Mental Health programme	Healthy Hero Days Mental Health Hero Day After School Clubs Anipals Tanglewood Charity Work School Council, Sports Council, Eco Council School Ambassador Programme British Values
	Simple self-care techniques, including the impact of relaxation, time spent with friends and family and the benefits of hobbies and interests.	PSHE Spring 2 Y2, 4, 5 PSHE Summer 1 Y3, 6	Pastoral leads	PSHE Book Selection SEAL Resources	Exeter Chiefs – Mental Health programme	Mental Health Hero Day After School Clubs Anipals Tanglewood Healthy Hero Days Tanglewood Family SEAL
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	PSHE Autumn 1 Y3, 4, 5 PSHE Summer 1 Y3, 4	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week Healthy Hero Days Mental Health Hero Day Anipals Tanglewood British Values
	The bullying (including cyber bullying) has a negative and often long lasting impact on mental wellbeing.	PSHE Autumn 2 YR, 1,2,3,4,5,6 ICT Curriculum	All staff Thrive training	PSHE Book Selection SEAL Resources		Anti-Bullying Week Internet Safety Week Healthy Hero Days Mental Health Hero Day British Values

	<p>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).</p>	<p>PSHE Autumn 1 YR, 1, 2, 3, 4, 5 PSHE Autumn 2 YR, 1, 2, 3, 4, 5,6 PSHE Spring 1 YR, 2, 3, 4, 5 PSHE Spring 2 Y3, 4, 5, 6 PSHE Spring 2 Y4, 5 PSHE Summer 1 Y3, 4, 5, 6 PSHE Summer 2 Y1, 6</p>	<p><u>Mental Health 1st Aid training</u>: Ann Hext, Scott Baker <u>Mental Health Champions</u>: Ann Hext, Anoushka Kirby <u>Grief Training</u>: Scott Baker, Carol Peachy, Emma Sharples, Ruth Dixon Pastoral leads in each unit All staff have had Thrive training and a cycle of updates.</p>	<p>PSHE Book Selection SEAL Resources</p>	<p>Family Support Worker – Angie Sawyer Amanda Tyler – Educational Psychologist Matt Jones – Staff Well Being support</p>	<p>Healthy Hero Days Mental Health Hero Day Anipals Tanglewood Family SEAL Worry bags</p>
	<p>It is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible.</p>	<p>PSHE Spring 1 Y3, 4, 5 PSHE Spring 2 Y4, 5, 6</p>	<p><u>Mental Health 1st Aid training</u>: Ann Hext, Scott Baker <u>Mental Health Champions</u>: Ann Hext, Anoushka Kirby <u>Grief Training</u>: Scott Baker, Carol Peachy, Emma Sharples, Ruth Dixon Pastoral leads in each unit All staff have had Thrive training and a cycle of updates.</p>	<p>PSHE Book Selection SEAL Resources</p>	<p>Family Support Worker – Angie Sawyer Amanda Tyler – Educational Psychologist Matt Jones – Staff Well Being support</p>	<p>Healthy Hero Days Mental Health Hero Day Anipals Tanglewood Worry bags</p>

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Physical Health and Fitness	The characteristics and mental and physical benefits of an active lifestyle.	PSHE Spring 2 YR, 2, 3, 4 PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs – Mental Health programme	Healthy Hero Days Sports Council
	The importance of building regular exercise into daily and weekly routines and how to achieve this, for example a daily active mile or other forms of regular, vigorous exercise.	PSHE Spring 2 Y2, 3, 4, 5 PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources		Healthy Hero Days Sports Council After school clubs
	The risks associated with an inactive lifestyle (including obesity)	PSHE Spring 2 Y4, 5 PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources		Healthy Hero Days Sports Council Inclusion Festivals, Exeter
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Internet Safety and Harms	That for most people the internet is an integral part of life and has many benefits.	PSHE Spring 1 Y3, 4, 5, 6 ICT Curriculum	ICT Coordinator	PSHE Book Selection SEAL Resources Website including parent information		Internet Safety Week Hero Days Newsletters Parent information evenings
	About the benefits of balancing time spent on and offline and the impact of positive and negative content online on their own and others' mental wellbeing.	PSHE Spring 1 Y3, 4, 5, 6 ICT Curriculum	ICT Coordinator Pastoral leads	PSHE Book Selection SEAL Resources Website including parent information		Internet Safety Week Hero Days Newsletters Parent information evenings
	How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online.	PSHE Spring 1 Y3, 4, 5, 6 ICT Curriculum	ICT Coordinator Pastoral leads	PSHE Book Selection SEAL Resources Website including parent information	CAP NSPCC	Internet Safety Week Hero Days Newsletters Parent information evenings
	Why social media, some computer games and online gaming, for example are age restricted.	PSHE Spring 1 Y3, 4, 5, 6 ICT Curriculum	ICT Coordinator	PSHE Book Selection SEAL Resources Website including parent information	CAP NSPCC	Internet Safety Week Hero Days Newsletters Parent information evenings Family SEAL British Values

	It is common for people to experience mental ill health. For many people who do, the problems can resolve if the right support is made available and accessed, especially if they access support as early as possible.	PSHE Spring 1 Y3, 4 PSHE Spring 2 Y4, 5 ICT Curriculum	<u>Mental Health 1st Aid training</u> : Ann Hext, Scott Baker <u>Mental Health Champions</u> : Ann Hext, Anoushka Kirby <u>Grief Training</u> : Scott Baker, Carol Peachy, Emma Sharples, Ruth Dixon Pastoral leads in each unit All staff have had Thrive training and a cycle of updates.	PSHE Book Selection SEAL Resources Website including parent information		Healthy Hero Days Internet Safety Week Newsletters Parent information evenings
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Healthy Eating	What constitutes a healthy diet (including understanding calories, and nutritional content).	PSHE Spring 2 YR, 1,2,4 PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs – Tackling Health programme	Healthy Hero Days School Healthy Eating Policy
	The principles of planning and preparing a range of healthy meals.	PSHE Spring 2 YR, 1,2,4 PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs – Tackling Health programme	Healthy Hero Days School Healthy Eating Policy
	The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity) and other behaviours (e.g. the impact of alcohol on diet or health).	PSHE Spring 2 Y2, 4,5 PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs – Tackling Health programme	Healthy Hero Days
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Drugs, Alcohol and Tobacco	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	PSHE Spring 1 Y1, 2 PSHE Spring 2 Y4, 5, 6		PSHE Book Selection SEAL Resources		Healthy Hero Days British Values

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Changing Adolescent Body	Key facts about puberty and the changing adolescent body. particularly from the age of 9 through to age 11, including physical and emotional changes.	Relationship Education (<i>See policy</i>) PSHE Spring 1 Y1, 2 PSHE Summer 2 YR, 1, 2, 3, 4, 5, 6		See RSE box Channel 4 'Living & Growing' series Sex and Relationship education books. PSHE Book Selection		Parent Consultation
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Basic First Aid	Know how to make a clear and efficient call to emergency services if necessary.	PSHE Spring 2 Y5,6		PSHE Book Selection SEAL Resources		Healthy Hero Days
	Concepts of basic first aid, for example dealing with common injuries, including head injuries.	PSHE Spring 2 Y5,6		PSHE Book Selection SEAL Resources		Healthy Hero Days
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Health and Prevention	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	PSHE Spring 2 Y4, 5		PSHE Book Selection SEAL Resources		Healthy Hero Days
	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	PSHE Spring 1 Y2		PSHE Book Selection SEAL Resources		Healthy Hero Days
	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and the ability to learn.	PSHE Spring 2 YR, 2, 3, 4		PSHE Book Selection SEAL Resources		Healthy Hero Days
	About dental health and the benefits of good oral hygiene, including visits to the dentist.	PSHE Spring 2 Y1, 4 Science – Teeth Y4		PSHE Book Selection SEAL Resources		Healthy Hero Days
	About personal hygiene and germs including bacteria, viruses, how that are spread and the importance of handwashing.	PSHE Spring 2 YR, 1, 2, 3		PSHE Book Selection SEAL Resources	Exeter Chiefs – Tackling Health programme	Healthy Hero Days Anipals Tanglewood
	About immunisations.	PSHE Spring 2 Y2		PSHE Book Selection SEAL Resources		Healthy Hero Days

NB We cover more than the key outcomes as which also support Economic wellbeing, Careers, Environmental awareness