

Appendix B: 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.	1. 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 Y3 Aut 2		PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle	
	2. 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 Christopher Winters Project Resources	Family Support Worker – Louise Rochelle	Anti-Bullying Week
	3. 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 - <i>Within ethos of all lessons</i>		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	Cultural Champions Visitor Bible Story Teller Assembly	Anti-Bullying Week British Values
	4. 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 Christopher Winters Project Resources	Family Support Worker – Louise Rochelle	Anti-Bullying Week
	5. 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
	6. How to recognise if family relationships are making them feel	PSHE Summer 1 Y3, 4, 5, 6	Pastoral leads Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle	Worry bags

	unhappy or unsafe, and how to seek help or advice from others if needed.					
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Caring Friendships	7. 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
	8. 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
	9. 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
	10. That 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
	11. 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	NSPCC	Worry bags British Values

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Respectful Relationships	12. 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 - <i>Within ethos of all lessons</i>	Pastoral leads	PSHE Book Selection SEAL Resources Christopher Winters Project Resources	Bible Story Teller Assembly	Anti-Bullying Week School Council, Sports Council, Eco Council British Values
	13. 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
	14. The importance of self-respect and how this links to their own happiness.	PSHE Autumn 2 Y3	Pastoral leads Staff Thrive training	PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values
	15. 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.	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	Bible Story Teller Assembly	Anti-Bullying Week Charity work School Council, Sports Council, Eco Council Ambassadors British Values
	16. 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		PSHE Book Selection SEAL Resources		Anti-Bullying Week Worry bags British Values
	17. What a stereotype is, and how stereotypes can be unfair, negative or destructive.	PSHE Autumn 2 Y4, 5, 6 RE Curriculum Y2 Spring 1 Y4 Autumn 1 Y5 Spring 1		PSHE Book Selection SEAL Resources	Bible Story Teller Assembly	Anti-Bullying Week British Values

	18. The importance of permission-seeking and giving in relationships with friends, peers and adults.	PSHE Summer 2 Y6		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	Anti-Bullying Week British Values
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Online Relationships	19. That people sometimes behave differently online, including by pretending to be someone they are not.	ICT Curriculum - Internet safety week lessons Built into a planning blocks	ICT Coordinator	PSHE Book Selection SEAL Resources	NSPCC	Internet Safety Week
	20. 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 - Internet safety week lessons Built into a planning blocks	ICT Coordinator	PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	Anti-Bullying Week Internet Safety Week British Values
	21. 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 - Internet safety week lessons Built into a planning blocks	ICT Coordinator	PSHE Book Selection SEAL Resources	NSPCC	Internet Safety Week
	22. 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 - Internet safety week lessons Built into a planning blocks	ICT Coordinator	PSHE Book Selection SEAL Resources	NSPCC	Internet Safety Week
	23. How information and data is shared and used online.	ICT Curriculum -	ICT Coordinator	PSHE Book Selection SEAL Resources		Internet Safety Week

		Internet safety week lessons Built into a planning blocks				
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Science Curriculum (No right to withdraw)	24. 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 Y1 Spring		See RSE box Christopher Winters Project Resources Sex and Relationship education books.	https://www.learnandthrive.org.uk/growing-up-and-keeping-safe	Parent Consultation
	25. 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 Y2 Spring 2		See RSE box Christopher Winters Project Resources Sex and Relationship education books.	https://www.learnandthrive.org.uk/growing-up-and-keeping-safe	Parent Consultation
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Being Safe	26. 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 - Internet safety week lessons Built into a planning blocks		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	Internet Safety Week British Values
	27. About the concept of privacy and the implications of it for both children and adults; including that it is not always	PSHE Autumn 2 Y1, Y2 PSHE Spring 1 Y1, 2, 3 PSHE Summer 2 Y5, 6	Pastoral leads	PSHE Book Selection SEAL Resources	NSPCC	Internet Safety Week British Values

	right to keep secrets if they relate to being safe.	ICT Curriculum - Internet safety week lessons Built into a planning blocks				
	28. 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 Christopher Winters Project Resources	NSPCC	
	29. 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 - Internet safety week lessons Built into a planning blocks		PSHE Book Selection SEAL Resources	NSPCC	Internet Safety Week
	30. 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 - Internet safety week lessons Built into a planning blocks	Pastoral leads	PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	Internet Safety Week Family SEAL Worry bags
	31. 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	NSPCC	Internet Safety Week Worry bags

		Internet safety week lessons Built into a planning blocks				
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Physical Health and Mental Well Being (Primary)

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Mental Well Being	32. 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 Champion</u> : Katie Gavin <u>Grief Training</u> : Scott Baker, Ruth Dixon Pastoral leads in each unit Staff Thrive training and a cycle of updates.	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle Jude McCluskey - Mental Health Practitioner	Mental Health Hero Day Anipals Tanglewood
	33. 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 Staff Thrive training	PSHE Book Selection SEAL Resources		Mental Health Hero Day Anipals Tanglewood British Values
	34. 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 Staff Thrive training	PSHE Book Selection SEAL Resources		Mental Health Hero Day Anipals Tanglewood

	35. 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 Staff Thrive training	PSHE Book Selection SEAL Resources		Internet Safety Week Healthy Hero Days Mental Health Hero Day Anipals Tanglewood
	36. 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 Y3 Autumn 1 Y4 Autumn 1 Y5/6 Autumn 2 Y5/6 Summer 2	Specialist PE Teacher	PSHE Book Selection SEAL Resources		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
	37. 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		Mental Health Hero Day After School Clubs Anipals Tanglewood Healthy Hero Days Tanglewood

						Family SEAL
	38. 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
	39. That 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	Staff Thrive training	PSHE Book Selection SEAL Resources		Anti-Bullying Week Internet Safety Week Healthy Hero Days Mental Health Hero Day British Values
	40. 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).	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	<u>Mental Health 1st Aid training</u> : Ann Hext, Scott Baker <u>Mental Health Champion: Katie Gavin</u> <u>Grief Training</u> : Scott Baker, Ruth Dixon Pastoral leads in each unit Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle Jude McCluskey - Mental Health Practitioner	Healthy Hero Days Mental Health Hero Day Anipals Tanglewood Family SEAL Worry bags

	41. 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, 5 PSHE Spring 2 Y4, 5, 6	<u>Mental Health 1st Aid training</u> : Ann Hext, Scott Baker <u>Mental Health Champion</u> : Katie Gavin <u>Grief Training</u> : Scott Baker, Ruth Dixon Pastoral leads in each unit Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle Jude McCluskey - Mental Health Practitioner	Healthy Hero Days Mental Health Hero Day Anipals Tanglewood Worry bags	
	Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
	Physical Health and Fitness	42. The characteristics and mental and physical benefits of an active lifestyle.	PSHE Spring 2 YR, 2, 3, 4 PE Curriculum Y3 Autumn 1 Y4 Autumn 1 Y5/6 Autumn 2 Y5/6 Summer 2	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs - Tackling Health Programme Exeter City Community Trust - The Joy of Moving Programme	Healthy Hero Days Sports Council
		43. 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 Y3 Autumn 1 Y4 Autumn 1 Y5/6 Autumn 2 Y5/6 Summer 2	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs - Tackling Health Programme Exeter City Community Trust - The Joy of Moving Programme	Healthy Hero Days Sports Council After school clubs
		44. The risks associated with an inactive lifestyle (including obesity)	PSHE Spring 2 Y4, 5 PE Curriculum Y3 Autumn 1 Y4 Autumn 1 Y5/6 Autumn 2 Y5/6 Summer 2	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs - Tackling Health Programme Exeter City Community Trust - The Joy of Moving Programme	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	45. 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 - Internet safety week lessons Built into a planning blocks	ICT Coordinator	PSHE Book Selection SEAL Resources Website including parent information		Internet Safety Week Hero Days Newsletters Parent information evenings
	46. 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 - Internet safety week lessons Built into a planning blocks	ICT Coordinator Pastoral leads	PSHE Book Selection SEAL Resources Website including parent information		Internet Safety Week Hero Days Newsletters Parent information evenings
	47. 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 - Internet safety week lessons Built into a planning blocks	ICT Coordinator Pastoral leads	PSHE Book Selection SEAL Resources Website including parent information Christopher Winters Project Resources	NSPCC	Internet Safety Week Hero Days Newsletters Parent information evenings
	48. Why social media, some computer games and online gaming, for example are age restricted.	PSHE Spring 1 Y3, 4, 5, 6 ICT Curriculum - Internet safety week lessons Built into a planning blocks	ICT Coordinator	PSHE Book Selection SEAL Resources Website including parent information	NSPCC	Internet Safety Week Hero Days Newsletters Parent information evenings Family SEAL British Values
	49. 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	PSHE Spring 1 Y3, 4 PSHE Spring 2 Y4, 5 ICT Curriculum - Internet safety week lessons	<u>Mental Health 1st Aid training</u> : Ann Hext, Scott Baker <u>Mental Health Champion</u> : Katie Gavin	PSHE Book Selection SEAL Resources Website including parent information		Healthy Hero Days Internet Safety Week Newsletters

		and accessed, especially if they access support as early as possible.	Built into a planning blocks	Grief Training: Scott Baker, Ruth Dixon Pastoral leads in each unit Thrive training and a cycle of updates.			Parent information evenings
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other	
Healthy Eating	50. What constitutes a healthy diet (including understanding calories, and nutritional content).	PSHE Spring 2 YR, 1,2,4 PE Curriculum Y3 Autumn 1 Y4 Autumn 1/ Spring 2 Y5/6 Autumn 2 Y5/6 Summer 2	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs - Tackling Health Programme Exeter City Community Trust - The Joy of Moving Programme	Healthy Hero Days School Healthy Eating Policy	
	51. The principles of planning and preparing a range of healthy meals.	PSHE Spring 2 YR, 1,2,4 PE Curriculum Y3 Autumn 1 Y4 Autumn 1/ Spring 2 Y5/6 Autumn 2 Y5/6 Summer 2 DT - Cooking Sessions	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs - Tackling Health Programme Exeter City Community Trust - The Joy of Moving Programme	Healthy Hero Days School Healthy Eating Policy	
	52. 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 Y3 Autumn 1 Y4 Autumn 1/ Spring 2 Y5/6 Autumn 2 Y5/6 Summer 2	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs - Tackling Health Programme Exeter City Community Trust - The Joy of Moving Programme	Healthy Hero Days	

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Drugs, Alcohol and Tobacco	53. 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 Christopher Winters Project Resources		Healthy Hero Days British Values
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Changing Adolescent Body	54. 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	55. Know how to make a clear and efficient call to emergency services if necessary.	PSHE Spring 2 Y5,6		PSHE Book Selection SEAL Resources	1st Aid Provider	Healthy Hero Days
	56. Concepts of basic first aid, for example dealing with common injuries, including head injuries.	PSHE Spring 2 Y5,6		PSHE Book Selection SEAL Resources	1st Aid Provider	Healthy Hero Days
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Health and Prevention	57. 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
	58. 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

		59. 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
		60. About dental health and the benefits of good oral hygiene, including visits to the dentist.	PSHE Spring 2 Y1, 4 Science – Teeth Y4 Spring 2		PSHE Book Selection SEAL Resources		Healthy Hero Days
		61. About personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing.	PSHE Spring 2 YR, 1, 2, 3		PSHE Book Selection SEAL Resources e-bug.eu programme		Healthy Hero Days Anipals Tanglewood
		62. About immunisations.	PSHE Spring 2 Y2		PSHE Book Selection SEAL Resources e-bug.eu programme		Healthy Hero Days

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