

**Appendix B: RSE & Health Provision at Hayward's Linked to DfE Guidance Outcomes Updated 2025**

**Relationship Education (Primary)**

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
<b>Families and people who care for me.</b>	1. That families are important for children growing up because they can give love, security and stability.	PSHE Autumn 1 <b>Y1, 6</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>Y6</b> RE Curriculum <b>Y3</b> Aut 2		PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle	
	2. The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	PSHE Autumn 1 <b>Y1, 6</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>Y6</b>		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	Family Support Worker – Louise Rochelle	Anti-Bullying Week
	3. That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	PSHE Autumn 1 <b>Y1, 6</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>Y6</b> 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 relationships are at the heart of safe and happy families and are important for children's security as they grow up.	PSHE Autumn 1 <b>Y1, 6</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>Y6</b> RE Curriculum		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	Family Support Worker – Louise Rochelle	Anti-Bullying Week
	5. That marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	PSHE Summer 1 <b>Y3, 4</b> 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 unhappy or unsafe, and how to seek help or advice from others if needed.	PSHE Summer 1 <b>Y3, 4, 5, 6</b>	Pastoral leads Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle	Worry bags
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Caring Friendships</b>	7. How important friendships are in making us feel happy and secure, and how people choose and make friends.	PSHE Summer 1 <b>YR, 1, 4, 5, 6</b>	Pastoral leads	PSHE Book Selection SEAL Resources		Healthy Hero Days
	8. That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.	PSHE Summer 1 <b>YR, 1, 4, 5, 6</b>	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week Healthy Hero Days British Values
	9. That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it.	PSHE Autumn 1 <b>Y3, 4, 5</b> PSHE Summer 1 <b>Y3, 4</b>	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week Healthy Hero Days Mental Health Hero Day Anipals Tanglewood British Values
	10. The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.	PSHE Summer 1 <b>YR, 1, 4, 5, 6</b> RE Curriculum	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values
	11. That most friendships have ups and downs, and that these can often be worked through so that	PSHE Autumn 1 <b>Y1, 2, 3, 4</b> PSHE Summer 2 <b>Y3, 4</b>	Pastoral leads	PSHE Book Selection SEAL Resources		British Values

	the friendship is repaired or even strengthened.					
	12. How to manage conflict, and that resorting to violence is never right.	PSHE Autumn 1 <b>Y1, 2, 3, 4</b> PSHE Summer 2 <b>Y3, 4</b>	Pastoral leads	PSHE Book Selection SEAL Resources		British Values
	13. How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.	PSHE Autumn 1 <b>Y3, 4, 5</b> PSHE Autumn 2 <b>Y1, 2, 3, 4, 5, 6</b> PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5</b> PSHE Summer 1 <b>Y5, 6</b> PSHE Summer 2 <b>Y5, 6</b>	Pastoral leads	PSHE Book Selection SEAL Resources	NSPCC	Worry bags British Values
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Respectful, Kind Relationships</b>	14. How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated.	PSHE Autumn 2 <b>Y3</b> PSHE Spring 1 <b>Y5, 6</b> PSHE Summer 1 <b>Y1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>Y2, 3</b>				
	15. The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults including the importance of permission-seeking and giving in relationships with friends, peers and adults.	PSHE Summer 2 <b>Y6</b>		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	Anti-Bullying Week British Values
	16. How to communicate effectively and manage conflict with kindness and respect; how	PSHE Autumn 2 <b>Y3</b> PSHE Spring 1				

	to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration.	<b>Y5, 6</b> PSHE Summer 1 <b>Y1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>Y2, 3</b>				
	17. Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs.	PSHE Spring 1 <b>Y5, 6</b> PSHE Summer 1 <b>Y1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>Y3</b>				
	18. That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.	PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> 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
	19. Practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships.	PSHE Spring 1 <b>Y6</b> PSHE Summer 1 <b>Y1, 2, 3, 4, 5, 6</b>				
	20. The conventions of courtesy and manners.	PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b>	Pastoral leads	PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values
	21. The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	PSHE Autumn 2 <b>Y3</b>	Pastoral leads Staff Thrive training	PSHE Book Selection SEAL Resources		Anti-Bullying Week British Values

	22. The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help.	PSHE Autumn 1 <b>Y3, 4, 5</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> Computing Curriculum		PSHE Book Selection SEAL Resources		Anti-Bullying Week Worry bags British Values
	23. What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype.	PSHE Autumn 2 <b>Y4, 5, 6</b> RE Curriculum <b>Y2</b> Spring 1 <b>Y4</b> Autumn 1 <b>Y5</b> Spring 1		PSHE Book Selection SEAL Resources	Bible Story Teller Assembly	Anti-Bullying Week British Values
	24. How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust.	PSHE Autumn 1 <b>Y1, 2, 3, 4, 5, 6</b> PSHE Autumn 2 <b>Y1, 2, 3, 4, 5, 6</b> PSHE Spring 1 <b>Y1, 2, 3, 4, 5, 6</b>				
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Online Safety &amp; Awareness</b>	25. That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure.	PSHE Summer 1 <b>Y5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Computing Lead	PSHE Book Selection SEAL Resources Christopher Winters Project Resources Rising Stars Computing	NSPCC	Anti-Bullying Week Internet Safety Week Hero Days British Values
	26. How to critically evaluate their online relationships and sources of information, including	PSHE Autumn 2 <b>Y2</b> PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b>	Computing Lead	PSHE Book Selection SEAL Resources Rising Stars Computing	NSPCC	Internet Safety Week Hero Days

	awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this.	Computing Curriculum - Internet safety week lessons Built into a planning blocks				
	27. That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults.	PSHE Spring 1 <b>Y3, 4, 5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Computing Lead	PSHE Book Selection SEAL Resources Website including parent information Rising Stars Computing	NSPCC	Internet Safety Week Hero Days Newsletters Parent information evenings Family SEAL British Values
	28. The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.	Computing Curriculum - Internet safety week lessons Built into a planning blocks	Computing Lead	PSHE Book Selection SEAL Resources Rising Stars Computing		Internet Safety Week Hero Days
	29. Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up.	PSHE Spring 1 <b>Y6</b> Computing Curriculum	Computing Lead	Digital Footprint work Rising Stars Computing		Internet Safety Week Hero Days
	30. That the internet contains a lot of content that can be inappropriate and upsetting for	PSHE Autumn 2 <b>Y2</b> PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b>	Computing Lead	PSHE Book Selection SEAL Resources Rising Stars Computing	NSPCC	Internet Safety Week Hero Days

	children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.	Computing Curriculum - Internet safety week lessons Built into a planning blocks				
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Being Safe	31. What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc.	PSHE Autumn 1 <b>YR</b> PSHE Autumn 2 <b>Y3</b> PSHE Spring 1 <b>Y3</b> PSHE Summer 1 <b>Y4, 5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	Internet Safety Week Hero Days British Values
	32. The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	PSHE Autumn 2 <b>Y1, Y2</b> PSHE Spring 1 <b>Y1, 2, 3</b> PSHE Summer 2 <b>Y5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Pastoral leads	PSHE Book Selection SEAL Resources Rising Stars Computing	NSPCC	Internet Safety Week Hero Days British Values
	33. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact.	PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b>		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	
	34. How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know.	PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b> Computing Curriculum - Internet safety week lessons		PSHE Book Selection SEAL Resources Rising Stars Computing	NSPCC	Internet Safety Week Hero Days

		Built into a planning blocks				
	35. How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.	PSHE Summer 2 <b>Y6</b>		PSHE Book Selection SEAL Resources Christopher Winters Project Resources	NSPCC	Anti-Bullying Week British Values
	36. How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.	PSHE Autumn 1 <b>YR, 1, 2, 3, 4, 5</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 1 <b>Y1, 2, 3, 5, 6</b> PSHE Summer 2 <b>YR, 5, 6</b> Computing 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 Hero Days Family SEAL Worry bags
	37. How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.	PSHE Autumn 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 2 <b>Y4, 5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Pastoral leads	PSHE Book Selection SEAL Resources	NSPCC	Internet Safety Week Hero Days Worry bags

### Health and Wellbeing (Primary)

Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
General Wellbeing	38. The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.	PSHE Autumn 1 <b>Y2</b> PSHE Autumn 2 <b>Y1, 4</b> PSHE Spring 2 <b>YR, 1, 2, 3, 4, 5</b> PSHE Summer 1 <b>Y3, 6</b> PSHE Summer 2 <b>Y2</b> PE Curriculum <b>Y3</b> Autumn 1 <b>Y4</b> Autumn 1 <b>Y5/6</b> Autumn 2 <b>Y5/6</b> Summer 2	Specialist PE Teacher Pastoral Leads	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle  Jude McCluskey - Mental Health Practitioner	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
	39. The importance of promoting general wellbeing and physical health.	PSHE Autumn 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>YR, 1, 2, 3, 4, 5, 6</b>	PE Lead PE Specialist Teacher		Exeter Chiefs - Tackling Health Programme  Exeter City Community Trust - The Joy of Moving Programme	Healthy Hero Days Sports Council
	40. The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise,	PSHE Summer 1 <b>YR, 1, 2, 3, 4, 5, 6</b>	Pastoral leads Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle	Mental Health Hero Day Anipals

	nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition.				Jude McCluskey - Mental Health Practitioner	Tanglewood British Values
	41. How to recognise feelings and use varied vocabulary to talk about their own and others' feelings.	PSHE Summer 1 <b>YR, 1, 2, 3, 4, 5, 6</b>	Pastoral leads Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle  Jude McCluskey - Mental Health Practitioner	Mental Health Hero Day Anipals Tanglewood Anxiety Workshops
	42. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	PSHE Autumn 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 1 <b>YR, 1, 2, 3, 4, 5, 6</b>	Pastoral leads Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle  Jude McCluskey - Mental Health Practitioner	Internet Safety Week Healthy Hero Days Mental Health Hero Day Anipals Tanglewood
	43. That isolation and loneliness can affect children, and the benefits of seeking support.	PSHE Autumn 1 <b>Y3, 4, 5</b> PSHE Summer 1 <b>Y3, 4</b>	Pastoral leads	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle  Jude McCluskey - Mental Health Practitioner	Anti-Bullying Week Healthy Hero Days Mental Health Hero Day Anipals Tanglewood British Values Anxiety Workshops
	44. That bullying (including cyberbullying) has a negative	PSHE Autumn 2 <b>YR, 1,2,3,4,5,6</b>	Staff Thrive training	PSHE Book Selection SEAL Resources	Family Support Worker – Louise Rochelle	Anti-Bullying Week

	and often lasting impact on mental wellbeing and how to seek help for themselves or others.	Computing Curriculum			Jude McCluskey - Mental Health Practitioner	Internet Safety Week Healthy Hero Days Mental Health Hero Day British Values
	45. That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently.	PSHE Summer 2 <b>Y2, 5, 6</b>			Family Support Worker – Louise Rochelle  Jude McCluskey - Mental Health Practitioner	Y6 Transition
	46. Where and how to seek support (including recognising the triggers for seeking support), including who 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 <b>YR, 1, 2, 3, 4, 5</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 1 <b>YR, 2, 3, 4, 5</b> PSHE Spring 2 <b>Y3, 4, 5, 6</b> PSHE Spring 2 <b>Y4, 5</b> PSHE Summer 1 <b>Y3, 4, 5, 6</b> PSHE Summer 2 <b>Y1, 6</b>	<u>Mental Health 1<sup>st</sup> 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
	47. That it is common to experience mental health problems, and early support can help.	PSHE Spring 1 <b>Y3, 4, 5</b> PSHE Spring 2 <b>Y4, 5, 6</b>	<u>Mental Health 1<sup>st</sup> Aid training</u> : Ann Hext, Scott Baker <u>Mental Health Champion: Katie Gavin</u> <u>Grief Training</u> : Scott Baker, Ruth Dixon	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

			Pastoral leads in each unit Staff Thrive training			
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other
Physical Health and Fitness	48. The characteristics and mental and physical benefits of an active lifestyle.	PSHE Spring 2 <b>YR, 2, 3, 4</b> PE Curriculum <b>Y3</b> Autumn 1 <b>Y4</b> Autumn 1 <b>Y5/6</b> Autumn 2 <b>Y5/6</b> 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
	49. The importance of building regular physical activity 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, moderate and/or vigorous physical activity.	PSHE Autumn 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 1 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Summer 2 <b>YR, 1, 2, 3, 4, 5, 6</b>	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 Sports Events Provision
	50. The risks associated with an inactive lifestyle, including obesity.	PSHE Spring 2 <b>Y4, 5</b> PE Curriculum <b>Y3</b> Autumn 1 <b>Y4</b> Autumn 1 <b>Y5/6</b> Autumn 2 <b>Y5/6</b> 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
	51. How and when to seek support including which adults to speak to in school if they are worried about their health.	PSHE Spring 2 <b>Y4, 5</b> PE Curriculum <b>Y3</b> Autumn 1 <b>Y4</b> Autumn 1 <b>Y5/6</b> Autumn 2 <b>Y5/6</b> 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
Outcome Area	Pupils Should Know	Curriculum Links	Human Resources	Physical Resources	External Providers	Other

<b>Wellbeing Online</b>	52. That for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet.	PSHE Spring 1 <b>Y3, 4, 5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Computing Lead	PSHE Book Selection SEAL Resources Website including parent information Rising Stars Computing		Internet Safety Week Hero Days Newsletters Parent information evenings
	53. Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection.	PSHE Summer 1 <b>YR, 1, 2, 3, 4, 5, 6</b>  Computing Curriculum		Rising Stars Computing		Internet Safety Week Hero Days
	54. The benefits of limiting 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.	PSHE Spring 1 <b>Y3, 4, 5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Computing Lead Pastoral leads	PSHE Book Selection SEAL Resources Website including parent information Rising Stars Computing		Internet Safety Week Hero Days Newsletters Parent information evenings
	55. How to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online.	PSHE Spring 1 <b>Y3, 4, 5, 6</b> Computing Curriculum -	Computing Lead Pastoral leads	PSHE Book Selection SEAL Resources Website including parent information	NSPCC	Internet Safety Week Hero Days Newsletters

		Internet safety week lessons Built into a planning blocks		Christopher Winters Project Resources Rising Stars Computing		Parent information evenings
	56. Why social media, some apps, computer games and online gaming, including gambling sites, are age restricted.	PSHE Spring 1 <b>Y3, 4, 5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Computing Lead	PSHE Book Selection SEAL Resources Website including parent information Rising Stars Computing	NSPCC	Internet Safety Week Hero Days Newsletters Parent information evenings Family SEAL British Values
	57. The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive.	PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b> Computing Curriculum		Rising Stars Computing		Internet Safety Week Hero Days
	58. How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them.	PSHE Spring 1 <b>Y5</b> Computing Curriculum		Rising Stars Computing		Internet Safety Week Hero Days
	59. That abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults.	PSHE Autumn 2 <b>YR, 1, 2, 3, 4, 5, 6</b> PSHE Spring 1 <b>Y4</b> Computing Curriculum		Rising Stars Computing		Internet Safety Week Hero Days
	60. How to understand the information they find online, including from search engines, and know how information is selected and targeted	Computing Curriculum <b>Y4 Spring</b>		Rising Stars Computing		Internet Safety Week Hero Days

	61. That they have rights in relation to sharing personal data, privacy and consent.	PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b> Computing Curriculum		Rising Stars Computing		Internet Safety Week Hero Days
	62. Where and how to report concerns and get support with issues online.	PSHE Autumn 2 <b>Y2</b> PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b> Computing Curriculum		Rising Stars Computing		Internet Safety Week Hero Days
	63. Why social media, some computer games and online gaming, for example are age restricted.	PSHE Spring 1 <b>Y3, 4, 5, 6</b> Computing Curriculum - Internet safety week lessons Built into a planning blocks	Computing Lead	PSHE Book Selection SEAL Resources Website including parent information Rising Stars Computing	NSPCC	Internet Safety Week Hero Days Newsletters Parent information evenings Family SEAL British Values
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Healthy Eating</b>	64. What constitutes a healthy diet (including understanding calories, and nutritional content).	PSHE Spring 2 <b>YR, 1,2,4</b> PE Curriculum <b>Y3</b> Autumn 1 <b>Y4</b> Autumn 1/ Spring 2 <b>Y5/6</b> Autumn 2 <b>Y5/6</b> 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
	65. Understanding the importance of a healthy relationship with food.	PSHE Spring 2 <b>YR, 1, 4, 5</b>			Exeter Chiefs - Tackling Health Programme  Exeter City Community Trust - The Joy of Moving Programme	
	66. The principles of planning and preparing a range of healthy meals.	PSHE Spring 2 <b>YR, 1,2,4</b> PE Curriculum	Specialist PE Teacher	PSHE Book Selection SEAL Resources	Exeter Chiefs - Tackling Health Programme	Healthy Hero Days

		<b>Y3</b> Autumn 1 <b>Y4</b> Autumn 1/ Spring 2 <b>Y5/6</b> Autumn 2 <b>Y5/6</b> Summer 2 DT - Cooking Sessions			Exeter City Community Trust - The Joy of Moving Programme	School Healthy Eating Policy
	67. 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).	PSHE Spring 2 <b>Y2, 4,5</b> PE Curriculum <b>Y3</b> Autumn 1 <b>Y4</b> Autumn 1/ Spring2 <b>Y5/6</b> Autumn 2 <b>Y5/6</b> Summer 2 Science - Tooth Decay	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
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Drugs, Alcohol, Tobacco and vaping</b>	68. The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.	PSHE Spring 1 <b>Y1, 2</b> PSHE Spring 2 <b>Y4, 5, 6</b>		PSHE Book Selection SEAL Resources Christopher Winters Project Resources		Healthy Hero Days British Values
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Health Protection and Prevention</b>	69. How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	PSHE Spring 2 <b>Y4, 5</b>		PSHE Book Selection SEAL Resources		Healthy Hero Days
	70. About safe and unsafe exposure to the sun, and how to reduce	PSHE Spring 1 <b>Y2</b>		PSHE Book Selection SEAL Resources		Healthy Hero Days

	the risk of sun damage, including skin cancer.					
	71. The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn.	PSHE Spring 2 <b>YR, 2, 3, 4</b>		PSHE Book Selection SEAL Resources		Healthy Hero Days
	72. About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular check-ups at the dentist.	PSHE Spring 2 <b>Y1, 4</b> Science – Teeth <b>Y4 Spring 2</b>		PSHE Book Selection SEAL Resources		Healthy Hero Days
	73. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	PSHE Spring 2 <b>YR, 1, 2, 3</b>		PSHE Book Selection SEAL Resources e-bug.eu programme		Healthy Hero Days Anipals Tanglewood
	74. The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.	PSHE Spring 2 <b>Y2</b>		PSHE Book Selection SEAL Resources e-bug.eu programme		Healthy Hero Days
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Personal Safety</b>	75. About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.	PSHE Spring 1 <b>YR, 1, 2, 3, 4, 5, 6</b>		BBC Electrical safety site Rising Stars Computing		

	76. How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.	PSHE Spring 1 <b>Y1, 3</b>		RNLI packs Rail safety packs from GWR Sun Safety Resources	GWR RNLI Swim Instructors	GWR Swim Lessons
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Basic First Aid</b>	77. How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them.	PSHE Spring 2 <b>Y5,6</b>		PSHE Book Selection SEAL Resources	1st Aid Provider	Healthy Hero Days
	78. Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.	PSHE Spring 2 <b>Y5,6</b>		PSHE Book Selection SEAL Resources	1st Aid Provider	Healthy Hero Days
<b>Outcome Area</b>	<b>Pupils Should Know</b>	<b>Curriculum Links</b>	<b>Human Resources</b>	<b>Physical Resources</b>	<b>External Providers</b>	<b>Other</b>
<b>Developing Bodies</b>	79. About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process.	Relationship Education ( <i>See policy</i> ) PSHE Spring 1 <b>Y1, 2</b> PSHE Summer 2 <b>YR, 1, 2, 3, 4, 5, 6</b> Science Curriculum <b>Y2</b> Spring 2		See RSE box Christopher Winters Project Resources Sex and Relationship education books.	<a href="https://www.learnandt thrive.org.uk/growing-up-and-keeping-safe">https://www.learnandt thrive.org.uk/growing-up-and-keeping-safe</a>	Parent Consultation
	80. The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts.	Relationship Education ( <i>See policy</i> ) PSHE Spring 1 <b>Y1, 2</b> PSHE Summer 2 <b>YR, 1, 2, 3, 4, 5, 6</b> Science Curriculum <b>Y1</b> Spring		See RSE box Christopher Winters Project Resources Sex and Relationship education books.	<a href="https://www.learnandt thrive.org.uk/growing-up-and-keeping-safe">https://www.learnandt thrive.org.uk/growing-up-and-keeping-safe</a>	Parent Consultation

	81. The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress.	Relationship Education ( <i>See policy</i> ) PSHE Spring 1 <b>Y1, 2</b> PSHE Summer 2 <b>YR, 1, 2, 3, 4, 5, 6</b>		See RSE box Christopher Winters Project Resources Sex and Relationship education books.		Parent Consultation
--	---	--	--	---	--	------------------------

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