



RSE & Health Education Overview

Objectives from PHSE Association are split into the areas below

Core Theme	Term 1 & 2	Term 3 & 4	Term 5 & 6
Health & Wellbeing	Keeping Safe. Ourselves, Growing & Changing.	Mental Health.	Healthy Lifestyles. Drugs, Alcohol & Tobacco.
Relationships	Families and Close Positive Relationships. Respecting Self and Others.	Managing Hurtful Behaviour and Bullying.	
Living in the Wider World	Media Literacy & Digital Resilience.		Shared Responsibilities. Economic Wellbeing, Aspirations, Work and Career.

Key Stage 1

Core Theme	Term 1 & 2	Term 3 & 4	Term 5 & 6
Health & Wellbeing	GHLL Protective behaviours. GHLL website – Road safety links. GHLL RSE resource. GHLL Make me a superhero – resilience resource – Part 1. Growing up. It's my body. Think positive.	Facts4life. 5 Ways to Wellbeing GHLL resource. Healthy eating Happy, healthy heart (PE) Our body (science)	Counting Sleep. GHLL website - Sun protection resource links. Science Curriculum. PE Curriculum. RNLI – Lifeguards, personal safety.
Relationships	GHLL RSE resource. Black History month (Oct) Online (Safety) Relationships: Thinkuknow, CEOPs lessons. Anti-Bullying Week (Nov).	GHLL Anti bullying resource. Teaching explicit School values. Hackney's Diverse Curriculum (EYFS – When I Grow Up, changing life cycles).	
Living in the Wider World	Computing Curriculum. Aiming high – superheroes e.g. firefighters etc. Diverse Britain – Hindu temple visit. Money matters – village shop, saving & spending, raising money for charity. Healthy Me (Twinkl) EYFS – When I grow up. Protective Behaviours. Keeping safe (medicines).	Relationships – friends and family. Looking after the environment and planet – minibeasts. NSPCC resources. Circle time – Conflict resolution (falling out, working together).	GHLL website – Teaching economic wellbeing links. Maths Curriculum. GHLL website – Human rights links. Science Curriculum.

Lower Key Stage 2

Core Theme	Term 1 & 2	Term 3 & 4	Term 5 & 6
Health & Wellbeing	GHLL Protective behaviours. GHLL website – Road safety links. GHLL RSE resource – ‘Changes’ topic. GHLL website - Internet safety links (Y4 computing curriculum) GHLL Make me a superhero – resilience resource – ‘Fighting Fit’ topic	Facts4life. Heroes & Villains Mental Health Handbook. 5 Ways to Wellbeing GHLL resource.	Counting Sleep. GHLL Drugs/Alcohol resource. Science curriculum. PE Curriculum.
Relationships	GHLL RSE resource. Black History month (Oct). Online (Safety) Relationships: Thinkuknow, CEOPs lessons. Anti-Bullying Week (Nov).	GHLL Anti bullying resource. Teaching explicit School values. Hackney’s Diverse Curriculum (Primary – Module: Windrush Generation, ‘Over our Seas’ topic. Read ‘When Life Gives You Mangos’ in English).	
Living in the Wider World	Computing Curriculum – internet safety.		GHLL website – Teaching economic wellbeing links. Maths Curriculum. Aspirations – Primary Careers website free resources. GHLL website – Human right links. Science Curriculum.

Upper Key Stage 2

Core Theme	Term 1 & 2	Term 3 & 4	Term 5 & 6
Health & Wellbeing	GHLL RSE resource – ‘Changes’ topic. RE Curriculum. Bikeability. St Johns First Aid Resource.	Facts4life. Mental Health Handbook. 5 Ways to Wellbeing GHLL resource.	E-Bug resource. GHLL Drugs/Alcohol resource. Science Curriculum. PE Curriculum.
Relationships	GHLL RSE resource. Black History month (Oct) - Hackney’s Diverse Curriculum (Primary – Module: Untold Stories). Online (Safety) Relationships: Thinkuknow, CEOPs lessons. Anti-Bullying Week (Nov)	GHLL Anti bullying resource. Teaching explicit School values. Hackney’s Diverse Curriculum (Primary – Module: Activism). GHLL website - Stonewall resources – celebrating diversity resources, role of women.	‘Our Perfect Planet’ topic. Greta Thumberg - read Greta and the Giants in English.
Living in the Wider World	Computing Curriculum.		GHLL website – Teaching economic wellbeing links. Maths Curriculum. Aspirations – Primary Careers website free resources. GHLL website – Human right links. Science Curriculum.