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	Road safety. Fire safety. GHLL Protective behaviours. GHLL website – Road safety links. GHLL Make me a superhero – resilience resource – Part 1. EYFS – link to All About/Amazing Me (& families). EYFS/KS1 - Happy, Healthy Heart (PE).	Keeping safe (medicines). Facts4life. 5 Ways to Wellbeing GHLL resource. GHLL - resilience resource – Part 1 (linked to local area, growing food, diet, exercise)	Counting Sleep. GHLL website - Sun protection resource links ('Seaside' and 'Blue Planet' topics) Water safety. Science Curriculum. PE Curriculum. GHLL RSE resource. Transition work.
Relationships	Black History month (Oct). Online (Safety) Relationships: EYFS/KS1 - CEOPs lessons ('Think U Know') All About Me/My Amazing World. Anti-Bullying Week (Nov).	GHLL Anti bullying resource. Teaching explicit School values. Hackney's Diverse Curriculum (EYFS – When I Grow Up). Link with 'Castles/Homes' topic. Focus on homelife.	GHLL RSE/growing and change resource. EYFS – focus around animals.
Living in the Wider World	Computing Curriculum. KS1 – Technology Around Us. Links to the outside world. Internet safety.		GHLL website – Teaching economic wellbeing links. Maths Curriculum. GHLL website – Human right links. Science Curriculum.

Lower Key Stage 2

Core Theme	Term 1 & 2	Term 3 & 4	Term 5 & 6
Health & Wellbeing	Road safety. CEOPs lessons ('Think U Know') GHLL website - Internet safety links. GHLL Make me a superhero – resilience resource – Part 2.	Facts4life. Healthy eating. GHLL - Mental Health Handbook.	Counting Sleep. GHLL Drugs/Alcohol resource. Science curriculum. PE Curriculum. GHLL RSE resource - Changes to our bodies. Hygiene and keeping clean. Transition work.
Relationships	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).	GHLL RSE resource.
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.

Upper Key Stage 2

Core Theme	Term 1 & 2	Term 3 & 4	Term 5 & 6
Health & Wellbeing	GHLL Protective Behaviours. RE Curriculum. Bikeability. First Aid – St Johns, PE/OAA. Forest Schools link.	Facts4life (PE Link) Mental Health Handbook. 5 Ways to Wellbeing GHLL resource. Link to anxiety/exam stress.	E-Bug resource. GHLL Drugs/Alcohol resource. Science Curriculum. PE Curriculum. (Links to fitness, HAL, how the body works). GHLL RSE resource. Transition work.
Relationships	Black History month (Oct) - Hackney's Diverse Curriculum (Primary – Module: Untold Stories. Link to crime & punishment, Victorian era). 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.	GHLL RSE resource.
Living in the Wider World	Computing Curriculum. SkillZONE trip – safety in the community.		GHLL website – Teaching economic wellbeing links. Maths Curriculum. Aspirations – Primary Careers website free resources. GHLL website – Human right links. Science Curriculum.