

## Readymoney (Year Five)

### How can drugs common to everyday life affect health?

how drugs common to everyday life (including smoking/vaping, nicotine, alcohol, caffeine and medicines) can affect health and wellbeing

that some drugs are legal (but may have laws or restrictions related to them) and other drugs are illegal

how laws surrounding the use of drugs exist to protect them and others

why people choose to use or not use different drugs  
how people can prevent or reduce the risks associated with them

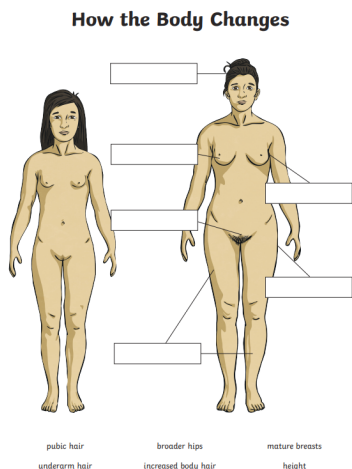
that for some people, drug use can become a habit which is difficult to break

how organisations help people to stop smoking and the support available to help people if they have concerns about any drug use

how to ask for help from a trusted adult if they have any worries or concerns about drugs

### Changes at Puberty

### Periods and Menstruation



## Carne (Year Six)

### What will change as we become more independent?

that people have different kinds of relationships in their lives, including romantic or intimate relationships

that people who are attracted to and love each other can be of any gender, ethnicity or faith; the way couples care for one another

### how puberty relates to growing from childhood to adulthood

about the reproductive organs and process - how babies are conceived and born and how they need to be cared for

### Masturbation and wet dreams



PSHE

## Summer One

## What will my child learn this term?

## Lantic (EYFS)

### Who helps to keep us safe?

that people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people who can help them in different places and situations;

how to attract someone's attention or ask for help; what to say

how to respond safely to adults they don't know

what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard

how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say



## Cannis (Y1)

### What helps us to grow and stay healthy?

that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest

that eating and drinking too much sugar can affect their health, including dental health

how to be physically active and how much rest and sleep they should have everyday

that there are different ways to learn and play; how to know when to take a break from screen-time

how sunshine helps bodies to grow and how to keep safe and well in the sun

*All content in blue is part of the PSHE curriculum (which is now statutory).*

*All children in England have to learn these things.*

*All content in red is part of our RSE (relationships and sex education) curriculum. Parents/Carers can withdraw their child from these lessons if they wish by completing a form at the start of the school year.*

## Gribben and Coombe (Y2-Y4)

### What makes a community?

how to eat a healthy diet and the benefits of nutritionally rich foods

how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist

how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health

how people make choices about what to eat and drink, including who or what influences these

how, when and where to ask for advice and help about healthy eating and dental care

