

# DfE Guidance Mapping: KS1

This document maps the 13 key themes of the new DfE guidance in correspondence to our PSHE curriculum, including year groups, our 8 key themes and the lesson plans.

Click on the following to be taken to the respective theme:

- [1. Families and People who Care for me](#)
- [2. Caring Friendships](#)
- [3. Respectful Relationships](#)
- [4. Online Relationships](#)
- [5. Being Safe](#)
- [6. Mental Wellbeing](#)
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# **1. Families and People who Care for me**

DfE Guidance By the end of Primary School, children should know:	Year Group	Covered in which lesson(s)	Theme
<i>that families are important for children growing up because they can give love, security and stability</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Who can I Turn to?</li> <li>• What a Family is and Why Yours is Unique</li> <li>• Understanding Body Language and Helping Others</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• How to Stay Safe Online</li> </ul>	Online Safety
	Year 2	<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• Risks Online and How to Avoid Them</li> </ul>	Online Safety
		<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> </ul>	Playing Safe
<i>the characteristics of healthy family life, 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</i>	Year 1	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> <li>• What a Family is and Why Yours is Unique</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• How to Stay Safe Online</li> </ul>	Online Safety
	Year 2	<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• Risks Online and How to Avoid Them</li> </ul>	Online Safety
		<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> </ul>	Playing Safe
<i>that 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 other children's families are also characterised by love and care</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Bullying</li> </ul>	Me, Myself and You
<i>that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Who can I Turn to?</li> <li>• What a Family is and Why Yours is Unique</li> <li>• Understanding Body Language and Helping Others</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	Me, Myself and You
	Year 2	<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> </ul>	Playing Safe

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• When do you use 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

## **2. Caring Friendships**

DfE Guidance By the end of Primary School, children should know:	Year Group	Covered in which lesson(s)	Theme
<i>how important friendships are in making us feel happy and secure, and how people choose and make friends</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Understanding Body Language and Helping Others</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
	Year 2	<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> </ul>	Playing Safe
<i>the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Understanding Body Language and Helping Others</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> <li>• Different Types of Bullying</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	Playing Safe
	Year 2	<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> <li>• Help and Advice</li> </ul>	Playing Safe
<i>that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</i>	Year 1	<ul style="list-style-type: none"> <li>• Empathy, Being a Good Friend and Asking for Help</li> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> </ul>	Me, Myself and You
<i>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</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Understanding Body Language and Helping Others</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> <li>• Different Types of Bullying</li> </ul>	Me, Myself and You
	Year 2	<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> </ul>	Playing Safe
<i>how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Bullying</li> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Who can I Turn to?</li> <li>• Understanding Body Language and Helping Others</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• Help and Advice</li> <li>• Box Breathing Activity</li> </ul>	Playing Safe
	Year 2	<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> <li>• Help and Advice</li> </ul>	Playing Safe

# **3. Respectful Relationships**

DfE Guidance By the end of Primary School, children should know:	Year Group	Covered in which lesson(s)	Theme
<i>the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Bullying</li> </ul>	Me, Myself and You
	Year 2	<ul style="list-style-type: none"> <li>• Understanding Similarities and Differences in People</li> </ul>	Me, Myself and You
<i>practical steps they can take in a range of different contexts to improve or support respectful relationships</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
	Year 2	<ul style="list-style-type: none"> <li>• Helping Hand Activity</li> </ul>	Playing Safe
<i>the importance of self-respect and how this links to their own happiness</i>	Year 1	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	Life Skills
		<ul style="list-style-type: none"> <li>• What is Physical and Emotional Health?</li> <li>• Eating Healthy and Keeping your Teeth Clean</li> </ul>	Mind and Body
	Year 2	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	Life Skills
		<ul style="list-style-type: none"> <li>• Benefits of Exercise on Physical and Emotional Health</li> </ul>	Mind and Body
<i>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</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Bullying</li> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
<i>about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Bullying</li> <li>• Who can I Turn to?</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	Playing Safe
	Year 2	<ul style="list-style-type: none"> <li>• When do you use 999?</li> </ul>	Life Skills
		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	Me, Myself and You
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Helping Hand Activity</li> </ul>	Playing Safe



<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;">Year Group</p>	<p style="text-align: center;">Covered in which lesson(s)</p>	<p style="text-align: center;">Theme</p>
<p><i>what a stereotype is, and how stereotypes can be unfair, negative or destructive</i></p>	<p style="text-align: center;">Year 1</p>	<ul style="list-style-type: none"> <li>• Different Types of Bullying</li> </ul>	<p style="text-align: center;">Me, Myself and You</p>
	<p style="text-align: center;">Year 2</p>	<ul style="list-style-type: none"> <li>• Understanding Similarities and Differences in People</li> </ul>	<p style="text-align: center;">Me, Myself and You</p>
<p><i>the importance of permission-seeking and giving in relationships with friends, peers and adults</i></p>	<p style="text-align: center;">Year 1</p>	<ul style="list-style-type: none"> <li>• Different Types of Relationships and Behaviour in a Healthy Relationship</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	<p style="text-align: center;">Me, Myself and You</p>

# **4. Online Relationships**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>that people sometimes behave differently online, including pretending to be someone they are not</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• How to Stay Safe Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• Risks online and How to Avoid Them</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>the rules and principals for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• How to Stay Safe Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• Risks Online and How to Avoid Them</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• How to Stay Safe Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• Risks Online and How to Avoid Them</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>how information and data is shared and used online</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• What is the Internet?</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• What Not to Share Online and Why?</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>

# 5. Being Safe

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• How to Stay Safe Online</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• When do you use 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Risks Online and How to Avoid Them</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>how to recognise and report feelings of being unsafe or feeling bad about any adult</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• When do you use 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Helping Hand Activity</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>how to ask for advice or help for themselves or others, and to keep trying until they are heard</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• When do you use 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Helping Hand Activity</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to report concerns or abuse, and the vocabulary and confidence needed to do so</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> <li>• Empathy, Being a good Friend and Asking for Help</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• When do you use 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> <li>• Help and Advice</li> <li>• Helping Hand Activity</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p><i>where to get advice e.g. family, school and/or other sources</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>
<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>			<p style="text-align: center;"><b>Playing Safe</b></p>
<p style="text-align: center;"><b>Year 2</b></p>		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> <li>• Helping Hand Activity</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

# 6. Mental Wellbeing

DfE Guidance	Year Group	Covered in which lesson(s)	Theme
<b>By the end of Primary School, children should know:</b>			
<i>that mental wellbeing is a normal part of daily life, in the same way as physical health</i>	Year 1	<ul style="list-style-type: none"> <li>• What is Physical and Emotional Health?</li> </ul>	Mind and Body
	Year 2	<ul style="list-style-type: none"> <li>• Benefits of Exercise on Physical and Emotional Health</li> </ul>	Mind and Body
<i>that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions hat all humans experience in relation to different experiences and situations</i>	Year 1	<ul style="list-style-type: none"> <li>• How our Bodies React to Emotions</li> </ul>	Mind and Body
	Year 2	<ul style="list-style-type: none"> <li>• Where Emotions are Felt and the Importance of Talking about your Emotions</li> <li>• Different Emotions and Dealing with Negative Emotions</li> </ul>	Mind and Body
<i>how to recognise and talk about your emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</i>	Year 1	<ul style="list-style-type: none"> <li>• How our Bodies React to Emotions</li> </ul>	Mind and Body
	Year 2	<ul style="list-style-type: none"> <li>• Where Emotions are Felt and the Importance of Talking about your Emotions</li> <li>• Different Emotions and Dealing with Negative Emotions</li> </ul>	Mind and Body
<i>how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</i>	Year 1	<ul style="list-style-type: none"> <li>• How our Bodies React to Emotions</li> </ul>	Mind and Body
<i>the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</i>	Year 1	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	Life Skills
		<ul style="list-style-type: none"> <li>• What is Physical and Emotional Health?</li> </ul>	Mind and Body
	Year 2	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	Life Skills
		<ul style="list-style-type: none"> <li>• Benefits of Exercise on Physical and Emotional Health</li> </ul>	Mind and Body
<i>simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</i>	Year 1	<ul style="list-style-type: none"> <li>• Box Breathing Activity</li> </ul>	Playing Safe
	Year 2	<ul style="list-style-type: none"> <li>• The Importance of Sleep and Making Sure you get Enough Sleep</li> <li>• Different Emotions and Dealing with Negative Emotions</li> </ul>	Mind and Body
<i>isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</i>	Year 1	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	Mind and Body
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	Playing Safe
	Year 2	<ul style="list-style-type: none"> <li>• COVID-19</li> <li>• Different Emotions and Dealing with Negative Emotions</li> </ul>	Mind and Body
		<ul style="list-style-type: none"> <li>• Help and Advice</li> <li>• Helping Hand Activity</li> </ul>	Playing Safe
<i>that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</i>	Year 1	<ul style="list-style-type: none"> <li>• Different Types of Bullying</li> </ul>	Me, Myself and You



<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>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)</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> <li>• Empathy, Being a Good Friend and Asking for Help</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> <li>• Helping hand Activity</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
<p><i>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, especially if accessed early enough</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• What is Physical and Emotional Health?</li> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>

# **7. Internet Safety and Harms**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>that for most people the internet is an integral part of life and has many benefits</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• What is the Internet?</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private</i></p>	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• What Not to Share Online and Why</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</i></p>	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• Risks Online and How to Avoid Them</li> </ul>	<p style="text-align: center;"><b>Online Safety</b></p>
<p><i>where and how to report concerns and get support with issues online</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• When do you use 999?</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Feeling Safe and Unsafe in Families and Who we can Turn to</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Reporting Abuse</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

# **8. Physical Health and Fitness**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>the characteristics and mental and physical benefits of an active lifestyle</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• What is Physical and Emotional Health?</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
		<ul style="list-style-type: none"> <li>• Benefits of Exercise on Physical and Emotional Health</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>the importance of building regular exercise 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, vigorous exercise</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• The Daily Mile</li> </ul>	<p style="text-align: center;"><b>Life Skills</b></p>
<p><i>how and when to seek support including which adults to speak to in school if they are worried about their health</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Who can I Turn to?</li> </ul>	<p style="text-align: center;"><b>Me, Myself and You</b></p>
		<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• Help and Advice</li> </ul>	<p style="text-align: center;"><b>Playing Safe</b></p>

# 9. Healthy Eating

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>what constitutes a healthy diet (including understanding calories and other nutritional content)</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>Eating Healthy and Keeping your Teeth Clean</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>the principles of planning and preparing a range of healthy meals</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>Eating Healthy and Keeping your Teeth Clean</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>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)</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>Eating Healthy and Keeping your Teeth Clean</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>

# **10. Drugs, Alcohol and Tobacco**



<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;">Year Group</p>	<p style="text-align: center;">Covered in which lesson(s)</p>	<p style="text-align: center;">Theme</p>
<p><i>the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking</i></p>	<p style="text-align: center;">Year 1</p>	<ul style="list-style-type: none"> <li>• Keeping Safe: Things that go Into and Onto Bodies</li> <li>• Keeping Healthy: Medicines</li> </ul>	<p style="text-align: center;">3 R's</p>
	<p style="text-align: center;">Year 2</p>	<ul style="list-style-type: none"> <li>• Staying Safe around Medicines</li> <li>• Everything about Medicines</li> <li>• Keeping Safe: Medicines and Household Products</li> </ul>	<p style="text-align: center;">3 R's</p>

# **11. Health and Prevention**

<p style="text-align: center;"><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p style="text-align: center;"><b>Year Group</b></p>	<p style="text-align: center;"><b>Covered in which lesson(s)</b></p>	<p style="text-align: center;"><b>Theme</b></p>
<p><i>how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• What is Physical and Emotional Health?</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</i></p>	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• The Importance of Sleep and Making Sure you get Enough Sleep</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• Eating Healthy and Keeping your Teeth Clean</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of hand washing</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
<p><i>the facts and science relating to allergies, immunisation and vaccination</i></p>	<p style="text-align: center;"><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>
	<p style="text-align: center;"><b>Year 2</b></p>	<ul style="list-style-type: none"> <li>• COVID-19</li> </ul>	<p style="text-align: center;"><b>Mind and Body</b></p>

# **12. Basic First Aid**

<p><b>DfE Guidance</b></p> <p>By the end of Primary School, children should know:</p>	<p><b>Year Group</b></p>	<p><b>Covered in which lesson(s)</b></p>	<p><b>Theme</b></p>
<p><i>how to make a clear and efficient call to emergency services if necessary</i></p>	<p><b>Year 2</b></p>	<ul style="list-style-type: none"><li>• When do you use 999?</li></ul>	<p><b>Life Skills</b></p>

# **13. Changing Adolescent Bodies**

**(Not covered in KS1)**