



## Families and people who care for me

Curriculum	Life to the full	Come and See	Jigsaw	Other
RE1-that families are important for children growing up because they can give love, security and stability	<p>EYFS (EY2 only) M2U2S1</p> <p>KS1 M2U2S1</p> <p>LKS2(a) M2U2S1</p> <p>UKS2(a+b)Yr6 only M1U3S4</p>	<p>EYFS Myself EYFS Welcome</p> <p>KS1- Families (cycle A) KS1- Belonging (cycle A)</p> <p>LKS2- Homes (cycle A) LKS2- People (cycle B)</p> <p>UKS2- Life Choices (cycle A) UKS2- Loving (Cycle B)</p>	<p>KS1 (a) Puzzle 5- Relationships- Lesson 1 KS1 (b) Puzzle 5- Relationships- Lesson 1</p> <p>LKS2 (a) Puzzle 2- Lesson 1 LKS2 (a) Puzzle 5- Lesson 1</p>	
RE2-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	<p>EYFS (EY2 only) M2U2S1</p> <p>KS1 M2U2S1</p> <p>LKS2(a) M2U2S1</p> <p>UKS2(a+b)Yr6 only M1U4S1</p>	<p>EYFS Myself EYFS Welcome</p> <p>KS1- Families (cycle A) KS1- Belonging (cycle A)</p> <p>LKS2- Homes (cycle A) LKS2- People (cycle B)</p> <p>UKS2- Life Choices (cycle A) UKS2- Loving (Cycle B)</p>	<p>KS1 (a) Puzzle 5- Relationships-Lesson 1 KS1 (b) Puzzle 5- Relationships-Lesson 1</p> <p>LKS2 (a) Puzzle 2- Lesson 1 LKS2 (a) Puzzle 5- Lesson 1 LKS2 (a) Puzzle 5- Lesson 6</p>	
RE3-that others' families, either in	<p>EYFS (EY2 only) M2U2S1</p> <p>KS1 M2U2S1</p>	<p>EYFS Myself EYFS Our World</p>	<p>KS1 (a) Puzzle 5- Relationships-Lesson 1 KS1 (b) Puzzle 5-</p>	

<p>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</p>	<p>LKS2(a) M2U2S1</p>	<p>KS1- Families (cycle A) KS1- Belonging (cycle A)  LKS2- Homes (cycle A) LKS2- People (cycle B) UKS2- Life Choices (cycle A) UKS2- Loving (Cycle B)</p>	<p>Relationships-Lesson 1  LKS2 (a) Puzzle 2-Lesson 1 LKS2 (a) Puzzle 5-Lesson 1  UKS2 (b) Puzzle 2-Lesson 2</p>	
<p>RE4-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</p>	<p>EYFS (EY2 only) M2U2S1  KS1 M2U2S1  LKS2(a) M2U2S1  UKS2(b) M1U2S3</p>	<p>KS1- Families (cycle A)  LKS2- Homes (cycle A) LKS2- People (cycle B)  UKS2- Life Choices (cycle A) UKS2- Loving (Cycle B)</p>	<p>KS1 (a) Puzzle 5-Relationships-Lesson 1 KS1 (b) Puzzle 5-Relationships-Lesson 1  LKS2 (a) Puzzle 2-Lesson 1 LKS2 (a) Puzzle 5-Lesson 1 LKS2 (b) Puzzle 5-Lesson 6</p>	
<p>RE5-that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</p>	<p>UKS2(a+b)Yr6 only M1U4S2</p>	<p>UKS2- Life Choices (cycle A)</p>	<p>KS1 (b) Puzzle 5-Relationships-Lesson 1  LKS2 (a) Puzzle 2-Lesson 2  UKS2 (a) Puzzle 2-Lesson 2</p>	
<p>RE6-how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</p>	<p>EYFS (EY2 only) M2U2S1  KS1 M2U3S2  LKS2(a) M2U2S2  UKS2(b) M1U3S3</p>		<p>KS1 (b) Puzzle 5-Relationships-Lesson 1 KS1 (b) Puzzle 5-Relationships-Lesson 4  LKS2 (a) Puzzle 2-Lesson 2 LKS2 (b) Puzzle 5-Lesson 1, 2  UKS2 (b) Puzzle 1-</p>	

			Lesson 5	
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## Caring friendships

Curriculum	Life to the full	Come and See	Jigsaw	Other
RE7-how important friendships are in making us feel happy and secure, and how people choose and make friends	<p>EYFS (EY2 only) M2U3S2</p> <p>LKS2(a) M2U2S1</p> <p>UKS2(a) M2U2S3 UKS2(b) M1U3S3</p>	<p>EYFS Friends</p> <p>LKS2 Gift (Cycle B) LKS2 Building Bridges (Cycle B)</p> <p>UKS2 Life Choices (Cycle A) UKS2 Unity (Cycle B)</p>	<p>KS1 (a) Puzzle 1-Being me in my World-Lesson 2</p> <p>KS1 (a) Puzzle 2-Celebrating Difference-Lesson 5</p> <p>KS1 (a) Puzzle 5-Relationships-Lesson 2</p> <p>KS1 (b) Puzzle 2-Celebrating Difference-Lesson 6</p> <p>KS1 (b) Puzzle 5-Relationships-Lesson 3</p> <p>LKS2 (a) Puzzle 1-Lesson 1</p> <p>LKS2 (a) Puzzle 2-Lesson 6</p> <p>LKS2 (a) Puzzle 5-Lesson 2</p> <p>LKS2 (b) Puzzle 1-Lesson 1</p> <p>LKS2 (a) Puzzle 5-Lesson 4</p> <p>UKS2 (b) Puzzle 1-Lesson 5</p>	
RE8-the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and	<p>EYFS (EY2 only) M2U3S2</p> <p>LKS2(a) M2U2S1</p> <p>UKS2(b) M1U2S1</p>	<p>LKS2 Gift (Cycle B) LKS2 Building Bridges (Cycle B)</p> <p>UKS2 Life Choices (Cycle A) UKS2 Unity (Cycle B)</p>	<p>KS1 (a) Puzzle 2-Celebrating Difference-Lesson 5</p> <p>KS1 (a) Puzzle 5-Relationships-Lesson 2</p> <p>KS1 (b) Puzzle 2-Celebrating Difference-Lesson 6</p> <p>KS1 (b) Puzzle 5-Relationships-Lesson 6</p> <p>LKS2 (a) Puzzle 1-Lesson 1</p> <p>LKS2 (a) Puzzle 2-</p>	

support with problems and difficulties			<p>Lesson 2  LKS2 (b) Puzzle 1-  Lesson 1  LKS2 (b) Puzzle 5-  Lesson 4, 5  UKS2 (b) Puzzle 5-  Lesson 4</p>	
RE9-that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	<p>KS1 M1U4S1  LKS2(a) M2U2S1  UKS2(b) M1U2S1</p>	<p>EYFS Friends  LKS2 Gift (Cycle B)  LKS2 Building Bridges (Cycle B)  UKS2 Life Choices (Cycle A)  UKS2 Unity (Cycle B)</p>	<p>KS1 (a) Puzzle 1-  Being me in my World-Lesson 3  KS1 (a) Puzzle 2-  Celebrating Difference-Lesson 5  KS1 (a) Puzzle 5-  Relationships-Lesson 2 and 5  KS1 (b) Puzzle 2-  Celebrating Difference-Lesson 5  KS1 (b) Puzzle Relationships-Lesson 3  LKS2 (a) Puzzle 1-  Lesson 1  LKS2 (a) Puzzle 2-  Lesson 5  LKS2 (a) Puzzle 5-  Lesson 2  LKS2 (b) Puzzle 1-  Lesson 1  LKS2 (a) Puzzle 5-  Lesson 4, 5, 6  UKS2 (a) Puzzle 2-  Lesson 3, 4  UKS2 (b) Puzzle 5-  Lesson 4</p>	
RE10-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	<p>EYFS (EY2 only)  M2U3S2  KS1 M1U3S3  KS1 M1U4S1  UKS2(b) M1U3S2</p>	<p>KS1 Being Sorry (Cycle A)  LKS2 Gift (Cycle B)  LKS2 Building Bridges (Cycle B)  UKS2 Life Choices (Cycle A)  UKS2 Unity (Cycle B)</p>	<p>KS1 (a) Puzzle Celebrating Difference-Lesson 5  KS1 (a) Puzzle 5-  Relationships-Lesson 2 and 5  KS1 (b) Puzzle 2-  Celebrating Difference-Lesson 6  KS1 (b) Puzzle 5-  Relationships-Lesson 3  LKS2 (a) Puzzle 2-  Lesson 5  LKS2 (a) Puzzle 5-  Lesson 2  LKS2 (b) Puzzle 5-  Lesson 4  UKS2 (a) Puzzle 2-  Lesson 3, 4</p>	

			UKS2 (b) Puzzle 5- Lesson 4	
RE11-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	<p>KS1 M1U3S3</p> <p>LKS2(a) M2U2S2 LKS2(a) M2U3S3</p> <p>UKS2(b) M1U3S1</p>	<p>EYFS Friends</p> <p>KS1 Being Sorry (Cycle A)</p> <p>LKS2 Gift (Cycle B) LKS2 Building Bridges (Cycle B)</p> <p>UKS2 Life Choices (Cycle A) UKS2 Unity (Cycle B)</p>	<p>KS1 (a) Puzzle 2-Celebrating Difference-Lesson 5</p> <p>KS1 (a) Puzzle 5-Relationships-Lesson 2, 4 and 5</p> <p>KS1 (b) Puzzle 2-Celebrating Difference-Lesson 4</p> <p>KS1 (b) Puzzle 5-Relationships-Lesson 5</p> <p>LKS2 (a) Puzzle 2-Lesson 3, 4</p> <p>LKS2 (a) Puzzle 5-Lesson 3</p> <p>LKS2 (b) Puzzle 1-Lesson 2</p> <p>LKS2 (b) Puzzle 2-Lesson 2, 3</p> <p>LKS2 (b) Puzzle 5-Lesson 4</p> <p>UKS2 (a) Puzzle 5-Lesson 2, 6</p> <p>UKS2 (b) Puzzle 2-Lesson 3, 4</p> <p>UKS2 (a) Puzzle 5-Lesson 5</p>	

## Respectful relationships

Curriculum	Life to the full	Come and See	Jigsaw	Other
RE12-the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different	<p>EYFS M1U2S1 EYFS (EY2 only) M3U1S1</p> <p>KS1 M1U2S1 KS1 M1U2S2 KS1 M1U3S1</p> <p>LKS2(b) M1U2S1</p> <p>UKS2(b) M1U2S1</p>	<p>Other Faiths units of work. (2 different faiths taught every academic year by all key stages)</p> <p>LKS2 Community (cycle B)</p> <p>UKS2 Healing Cycle B</p>	<p>KS1 (a) Puzzle 1-Being me in my World-Lesson 3 and 6</p> <p>KS1 (a) Puzzle 2-Celebrating Difference-Lesson 1, 2 and 6</p> <p>KS1 (a) Puzzle 3-Dreams and Goals-Lesson 3</p> <p>KS1 (a) Puzzle 5-Relationships-Lesson 2, 6</p> <p>KS1 (b) Puzzle 1-</p>	

<p>choices or have different preferences or beliefs</p>			<p>Being me in my World-Lesson 2, 3, 4, 5 and 6          KS1 (b) Puzzle 2-Celebrating Difference-Lesson 5 and 6          KS1 (b) Puzzle Dreams and Goals-Lesson 3          KS1 (b) Puzzle 5-Relationships-Lesson 3 and 5          LKS2 (a) Puzzle 1-Lesson 1          LKS2 (a) Puzzle 2-Lesson 5, 6          LKS2 (a) Puzzle 3-Lesson 1          LKS2 (a) Puzzle 5-Lesson 2          LKS2 (b) Puzzle 1-Lesson 2, 3          LKS2 (b) Puzzle 2-Lesson 2          LKS2 (b) Puzzle 3-Lesson 3          LKS2 (b) Puzzle 5-Lesson 4, 5, 6          UKS2 (a) Puzzle 1-Lesson 3, 4          UKS2 (a) Puzzle 2-Lesson 1, 2          UKS2 (a) Puzzle 3-Lesson 5, 6          UKS2 (a) Puzzle 5-Lesson 2, 3, 4, 5 and 6          UKS2 (b) Puzzle 1-Lesson 2, 3, 4, 5 and 6          UKS2 (b) Puzzle 2-Lesson 2 and 5          UKS2 (a) Puzzle 3-Lesson 4</p>	
<p>RE13-practical steps they can take in a range of different contexts to improve or support respectful relationships</p>	<p>LKS2(b) M1U3S3          UKS2(b) M1U3S2</p>	<p>EYFS Friends          LKS2 Community (cycle B)          UKS2 Healing Cycle B</p>	<p>KS1 (a) Puzzle 2-Celebrating Difference-Lesson 5          KS1 (a) Puzzle 5-Relationships-Lesson 6          KS1 (b) Puzzle 1-Being me in my World-Lesson 5 and 6          KS1 (b) Puzzle 2-Celebrating Difference-Lesson 4 and 5</p>	

			<p>KS1 (b) Puzzle 3- Dreams and Goals-Lesson 3 and 4</p> <p>KS1 (b) Puzzle 5-Relationships-Lesson 5</p> <p>LKS2 (a) Puzzle 1-Lesson 3</p> <p>LKS2 (a) Puzzle 2-Lesson 5</p> <p>LKS2 (a) Puzzle 3-Lesson 6</p> <p>LKS2 (a) Puzzle 5-Lesson 6</p> <p>LKS2 (b) Puzzle 1-Lesson 5</p> <p>LKS2 (b) Puzzle 2-Lesson 1, 2</p> <p>LKS2 (b) Puzzle 5-Lesson 4, 5</p> <p>UKS2 (a) Puzzle 1-Lesson 1</p> <p>UKS2 (a) Puzzle 2-Lesson 6</p> <p>UKS2 (a) Puzzle 5-Lesson 1, 2,3,4 ,5 and 6</p> <p>UKS2 (b) Puzzle 1-Lesson 4,5,6</p> <p>UKS2 (b) Puzzle 2-Lesson 5, 6</p> <p>UKS2 (a) Puzzle 3-Lesson 4</p> <p>UKS2 (a) Puzzle 5-Lesson 4, 5, 6</p>	
<p>RE14-the conventions of courtesy and manners</p>	<p>LKS2(b) M1U3S3</p> <p>UKS2(b) M1U3S2</p>	<p>EYFS Welcome</p> <p>LKS2 Community (cycle B)</p>	<p>KS1 (a) Puzzle 1-Being me in my World-Lesson 2, 3</p> <p>KS1 (a) Puzzle 5-Relationships-Lesson 3</p> <p>KS1 (b) Puzzle 1-Being me in my World-Lesson 2, 3,4, 5 and 6</p> <p>KS1 (b) Puzzle 2-Celebrating Difference-Lesson 4, 5</p> <p>KS1 (b) Puzzle 3-Dreams and Goals-Lesson 3, 4,5 and 6</p> <p>LKS2 (a) Puzzle 1-Lesson 5, 6</p> <p>LKS2 (a) Puzzle 2-Lesson 5</p>	

			<p>LKS2 (a) Puzzle 3-Lesson 5  LKS2 (b) Puzzle 1-Lesson 2, 4  LKS2 (b) Puzzle 3-Lesson 5  LKS2 (b) Puzzle 5-Lesson 4, 5  UKS2 (a) Puzzle 1-Lesson 3, 4,5, 6  UKS2 (a) Puzzle 5-Lesson 2,3,4,5,6  UKS2 (b) Puzzle 1-Lesson 4</p>	
<p>RE15-the importance of self-respect and how this links to their own happiness</p>	<p>LKS2(b) M1U2S1  UKS2(b) M1U2S1  UKS2(b) M1U3S1</p>	<p>EYFS Myself  UKS2 Expectations (cycle B)</p>	<p>KS1 (a) Puzzle 5-Relationships-Lesson 5  KS1 (b) Puzzle 1-Being me in my World-Lesson 3, 4  KS1 (b) Puzzle 3-Dreams and Goals-Lesson 2  LKS2 (a) Puzzle 2-Lesson 6  LKS2 (a) Puzzle 3-Lesson 5  LKS2 (b) Puzzle 2-Lesson 5, 6  UKS2 (a) Puzzle 1-Lesson 3  UKS2 (a) Puzzle 2-Lesson 6  UKS2 (a) Puzzle 3-Lesson 3  UKS2 (a) Puzzle 5-Lesson 1  UKS2 (b) Puzzle 2-Lesson 1  UKS2 (b) Puzzle 3-Lesson 1  UKS2 (b) Puzzle 5-Lesson 2</p>	
<p>RE16-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,</p>	<p>EYFS (EY2 only) M2U3S2  KS1 M1U2S1  KS1 M3U1S1  LKS2(b) M1U2S1  UKS2(a) M2U2S1  UKS2(a) M2U2S2  UKS2(a) M2U2S3</p>	<p>LKS2 Community (cycle B)</p>	<p>KS1 (a) Puzzle 1-Being me in my World-Lesson 3, 6  KS1 (a) Puzzle 2-Celebrating Difference-Lesson 1,2  KS1 (a) Puzzle 3-Dreams and Goals-Lesson 3  KS1 (a) Puzzle 5-Relationships-Lesson 4,6  KS1 (b) Puzzle 1-Being me in my</p>	



<p>including those in positions of authority</p>			<p>World-Lesson 2, 3 and 4          KS1 (b) Puzzle 2- Celebrating Difference-Lesson 4,5 and 6          KS1 (b) Puzzle 3-Dreams and Goals-Lesson 3, 4, 5 and 6          KS1 (b) Puzzle 5- Relationships-Lesson 2, 3, 4 and 5          LKS2 (a) Puzzle 1-Lesson 3          LKS2 (a) Puzzle 2-Lesson 5, 6          LKS2 (a) Puzzle 5-Lesson 6          LKS2 (b) Puzzle 1-Lesson 3          LKS2 (b) Puzzle 2-Lesson 5, 6          LKS2 (b) Puzzle 3-Lesson 6          LKS2 (b) Puzzle 5-Lesson 4, 5, 6          UKS2 (a) Puzzle 1-Lesson 2          UKS2 (a) Puzzle 2-Lesson 1          UKS2 (a) Puzzle 3-Lesson 4          UKS2 (a) Puzzle 5-Lesson 2, 3          UKS2 (b) Puzzle 2-Lesson 5,6          UKS2 (b) Puzzle 3-Lesson 6</p>	
<p>RE17-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</p>	<p>LKS2(a) M2U2S2          UKS2(a) M2U3S2</p>	<p>EYFS Friends</p>	<p>KS1 (a) Puzzle 2- Celebrating Difference-Lesson 3, 4          KS1 (b) Puzzle 2- Celebrating Difference-Lesson 3          LKS2 (a) Puzzle 2-Lesson 3, 4, 5          LKS2 (a) Puzzle 5-Lesson 3          LKS2 (b) Puzzle 2-Lesson 3          UKS2 (a) Puzzle 2-Lesson 4          UKS2 (a) Puzzle 5-Lesson 2          UKS2 (b) Puzzle 2-</p>	

			Lesson 4 UKS2 (b) Puzzle 5- Lesson 4	
RE18-what a stereotype is, and how stereotypes can be unfair, negative or destructive	LKS2(b) M1U3S2  UKS2(b) M1U3S1		KS1 (b) Puzzle 2- Celebrating Difference-Lesson 1, 2 LKS2 (a) Puzzle 2- Lesson 5 LKS2 (a) Puzzle 5- Lesson 1 UKS2 (a) Puzzle 2- Lesson 1 UKS2 (b) Puzzle 2- Lesson 2	
RE19-the importance of permission-seeking and giving in relationships with friends, peers and adults	KS1 M2U3S3  UKS2(a) M2U2S2 UKS2(a) M2U3S5 UKS2(a) M2U3S6	EYFS Friends	KS1 (a) Puzzle 2- Celebrating Difference-Lesson 5 KS1 (a) Puzzle 5- Relationships-Lesson 3, 4 KS1 (b) Puzzle 1- Being me in my World-Lesson 2 KS1 (b) Puzzle 2- Celebrating Difference-Lesson 4, 5 KS1 (b) Puzzle 3- Dreams and Goals-Lesson 4, 5 and 6 KS1 (b) Puzzle 5- Relationships-Lesson 2, 4 LKS2 (a) Puzzle 1- Lesson 5, 6 LKS2 (a) Puzzle 5- Lesson 2 LKS2 (b) Puzzle 1- Lesson 4 LKS2 (a) Puzzle 5- Lesson 4, 6 UKS2 (a) Puzzle 5- Lesson 2,3 UKS2 (b) Puzzle 2- Lesson 3 UKS2 (b) Puzzle 5- Lesson 4	

# Online relationships

Curriculum	Life to the full	Come and See	Jigsaw	Other
<p>RE20-that people sometimes behave differently online, including by pretending to be someone they are not</p>	<p>LKS2(a) M2U3S2 UKS2(a) M2U3S2</p>		<p>KS1 (b) Puzzle 2- Celebrating Difference-Lesson 4 KS1 (b) Puzzle 5- Relationships-Lesson 4 KS1 (a) Puzzle 2- Celebrating Difference-Lesson 3, 4 LKS2 (a) Puzzle 2- Lesson 5 LKS2 (a) Puzzle 5- Lesson 3 LKS2 (b) Puzzle 2- Lesson 2 UKS2 (a) Puzzle 5- Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5- Lesson 5</p>	
<p>RE21-that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</p>	<p>LKS2(a) M2U3S1 UKS2(a) M2U3S2</p>		<p>KS1 (b) Puzzle 2- Celebrating Difference-Lesson 3  LKS2 (a) Puzzle 1- Lesson 4 LKS2 (a) Puzzle 2- Lesson 5 LKS2 (a) Puzzle 5- Lesson 3 LKS2 (b) Puzzle 2- Lesson 2 UKS2 (a) Puzzle 5- Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5- Lesson 5 UKS2 (b) Puzzle 2- Lesson 3 UKS2 (b) Puzzle 5- Lesson 6</p>	
<p>RE22-the rules and principles for keeping safe online, how to recognise risks, harmful content and</p>	<p>EYFS (EY2 only) M2U3S1  KS1 M2U3S1  LKS2(a) M2U3S1 LKS2(a) M2U3S2  UKS2(a) M2U3S1</p>		<p>KS1 (b) Puzzle 2- Celebrating Difference-Lesson 3 KS1 (b) Puzzle 5- Relationships-Lesson 4  LKS2 (a) Puzzle 5- Lesson 3</p>	

contact, and how to report them			LKS2 (b) Puzzle 2- Lesson 2, 3  UKS2 (a) Puzzle 5- Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5- Lesson 5 UKS2 (b) Puzzle 5- Lesson 6	
RE23-how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	LKS2(a) M2U3S2  UKS2(a) M2U3S2		LKS2 (a) Puzzle 2- Lesson 5 LKS2 (a) Puzzle 5- Lesson 3  UKS2 (a) Puzzle 5- Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5- Lesson 5 UKS2 (b) Puzzle 5- Lesson 6	
RE24-how information and data is shared and used online	LKS2(a) M2U3S1  UKS2(a) M2U3S1		LKS2 (a) Puzzle 5- Lesson 3  UKS2 (a) Puzzle 5- Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5- Lesson 5 UKS2 (b) Puzzle 5- Lesson 6	

## Being safe

Curriculum	Life to the full	Come and See	Jigsaw	Other
RE25-what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)	KS1 M1U2S2 KS1 M1U3S3 KS1 M2U3S2 KS1 M2U3S3  LKS2(a) M2U3S2  UKS2(a) M2U3S2 UKS2(a) M2U3S3	EYFS Friends  KS1 Being Sorry (cycle A) KS1 Rules (cycle B)  LKS2 Choices (cycle A) LKS2 Building Bridges (cycle A)	KS1 (a) Puzzle 2- Celebrating Difference-Lesson 5 KS1 (a) Puzzle 5-Relationships-Lesso n 3, 5 KS1 (b) Puzzle 1- Being me in my world-Lesson 2 KS1 (b) Puzzle 2- Celebrating Difference-Lesson 4,	

		<p>UKS2 Life Choices (Cycle A) UKS2 Unity (cycle B)</p>	<p>5 KS1 (b) Puzzle 5-Relationships-Lesson 2 LKS2 (a) Puzzle 1-Lesson 6 LKS2 (a) Puzzle 2-Lesson 5 LKS2 (a) Puzzle 5-Lesson 3 LKS2 (b) Puzzle 1-Lesson 5 LKS2 (b) Puzzle 2-Lesson 2 LKS2 (b) Puzzle 5-Lesson 4, 5 UKS2 (a) Puzzle 5-Lesson 2,3 UKS2 (b) Puzzle 1-Lesson 4 UKS2 (b) Puzzle 2-Lesson 3 UKS2 (b) Puzzle 5-Lesson 4,5,6</p>	
<p>RE26-about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe</p>	<p>EYFS (EY2 only) M2U3S2</p> <p>KS1 M2U3S2 KS1 M2U3S3</p> <p>LKS2(a) M2U3S3 UKS2(a) M2U3S3</p>		<p>KS1 (a) Puzzle 5-Relationships-Lesson 3 KS1 (b) Puzzle 5-Relationships-Lesson 4 LKS2 (a) Puzzle 5-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2,3 UKS2 (b) Puzzle 5-Lesson 4,5,6</p>	
<p>RE27-that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</p>	<p>EYFS (EY2 only) M2U3S2</p> <p>KS1 M1U2S2 KS1 M1U2S3 KS1 M2U3S3</p> <p>LKS2(b) M1U2S2</p> <p>UKS2(a) M2U3S3 UKS2(a) M2U3S5 UKS2(a) M2U3S6</p>		<p>KS1 (a) Puzzle 5-Relationships-Lesson 3 KS1 (b) Puzzle 5-Relationships-Lesson 2</p> <p>UKS2 (b) Puzzle 5-Lesson 1,2</p>	

<p>RE28-how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</p>	<p>EYFS (EY2 only) M2U3S2</p> <p>LKS2(a) M2U3S3</p> <p>UKS2(a) M2U3S2 UKS2(a) M2U3S3</p>		<p>KS1 (a) Puzzle 5-Relationships-Lesson 3, 4 KS1 (b) Puzzle 5-Relationships-Lesson 2</p> <p>UKS2 (b) Puzzle 5-Lesson 4, 5, 6</p>	
<p>RE29-how to recognise and report feelings of being unsafe or feeling bad about any adult</p>	<p>EYFS (EY2 only) M2U3S2</p> <p>KS1 M2U3S1 KS1 M2U3S2 KS1 M2U3S3</p> <p>LKS2(a) M2U3S3 UKS2(a) M2U3S3</p>		<p>KS1 (a) Puzzle 2-Celebrating Difference-Lesson 3, 4 KS1 (b) Puzzle 5-Relationships-Lesson 2</p> <p>UKS2 (a) Puzzle 2-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2,3 UKS2 (b) Puzzle 5-Lesson 5</p>	
<p>RE30-how to ask for advice or help for themselves or others, and to keep trying until they are heard,</p>	<p>EYFS (EY2 only) M2U3S2</p> <p>KS1 M2U3S1</p> <p>LKS2(a) M2U3S2 UKS2(a) M2U3S3</p>		<p>KS1 (a) Puzzle 3-Dreams and Goals-Lesson 5 KS1 (a) Puzzle 5-Relationships-Lesson 5 KS1 (b) Puzzle 2-Celebrating Difference-Lesson 4 KS1 (b) Puzzle 3-Dreams and Goals-Lesson 2 KS1 (b) Puzzle 5-Relationships-Lesson 2</p> <p>LKS2 (a) Puzzle 2-Lesson 4 LKS2 (b) Puzzle 2-Lesson 4</p> <p>UKS2 (a) Puzzle 2-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2 UKS2 (b) Puzzle 2-Lesson 4 UKS2 (b) Puzzle 5-Lesson 4</p>	

<p>RE31-how to report concerns or abuse, and the vocabulary and confidence needed to do so</p>	<p>KS1 M2U3S3 LKS2(a) M2U3S3 UKS2(a) M2U3S3</p>		<p>KS1 (a) Puzzle 2- Celebrating Difference-Lesson 4 KS1 (b) Puzzle 2- Celebrating Difference-Lesson 4 KS1 (b) Puzzle 5- Relationships-Lesson 4,5 LKS2 (a) Puzzle 2- Lesson 3, 4 LKS2 (b) Puzzle 2- Lesson 3 UKS2 (a) Puzzle 2- Lesson 2 UKS2 (a) Puzzle 5- Lesson 2 UKS2 (b) Puzzle 2- Lesson 3,4 UKS2 (b) Puzzle 5- Lesson 4</p>	
<p>RE32-where to get advice, for example family, school or other sources</p>	<p>EYFS (EY2 only) M2U2S1 KS1 M2U2S1 LKS2(a) M2U2S2 UKS2(a) M2U3S3</p>		<p>KS1 (a) Puzzle 2- Celebrating Difference-Lesson 4 KS1 (a) Puzzle 5- Relationships-Lesson 4 KS1 (b) Puzzle 1- Being me in My world-Lesson 2 KS1 (b) Puzzle 2- Celebrating Difference-Lesson 4 KS1 (a) Puzzle 5- Relationships-Lesson 2 and 4 LKS2 (a) Puzzle 1- Lesson 2 LKS2 (a) Puzzle 2- Lesson 4 LKS2 (a) Puzzle 5- Lesson 3 LKS2 (b) Puzzle 2- Lesson 3 LKS2 (b) Puzzle 5- Lesson 4 UKS2 (a) Puzzle 2- Lesson 3,4 UKS2 (a) Puzzle 5- Lesson 2 UKS2 (b) Puzzle 2- Lesson 3 UKS2 (b) Puzzle 5- Lesson 1,2,3,4,5,6</p>	

# Mental wellbeing

Curriculum	Life to the full	Come and See	Jigsaw	Other
<p>HE1-that mental wellbeing is a normal part of daily life, in the same way as physical health</p>	<p>LKS2(b) M1U3S1 UKS2(b) M1U3S2 UKS2(b) M1U3S3</p>		<p>UKS2 (a) Puzzle 5-Lesson 6 UKS2 (b) Puzzle 5-Lesson 1,2</p>	
<p>HE2-that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations</p>	<p>EYFS (EY2 only) M2U3S2 KS1 M1U3S2 LKS2(b) M1U3S1 UKS2(b) M1U3S2 UKS2(b) M1U3S3</p>		<p>KS1 (a) Puzzle 1-Lesson 4 KS1 (a) Puzzle 2-Lesson 6 KS1 (a) Puzzle 3-Lesson 1 KS1 (a) Puzzle 5-Lesson 6 KS1 (b) Puzzle 1-Lesson 1 KS1 (b) Puzzle 2-Lesson 1,5,6 KS1 (b) Puzzle 2-Lesson 1, 5 KS1 (b) Puzzle 5-Lesson 4, 5, 6 LKS2 (a) Puzzle 1-Lesson 2, 3 LKS2 (a) Puzzle 2-Lesson 6 LKS2 (a) Puzzle 3-Lesson 5, 6 LKS2 (a) Puzzle 5-Lesson 2 LKS2 (b) Puzzle 1-Lesson 1 LKS2 (b) Puzzle 2-Lesson 6 LKS2 (b) Puzzle 3-Lesson 6 LKS2 (b) Puzzle 5-Lesson 2 UKS2 (a) Puzzle 1-Lesson 2 UKS2 (a) Puzzle 2-Lesson 3 UKS2 (a) Puzzle 3-Lesson 1 UKS2 (a) Puzzle 5-Lesson 1</p>	



			<p>UKS2 (b) Puzzle 1- Lesson 2,3</p> <p>UKS2 (b) Puzzle 2- Lesson 6</p> <p>UKS2 (b) Puzzle 3- Lesson 3</p> <p>UKS2 (a) Puzzle 5- Lesson 3</p>	
<p>HE3-how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings</p>	<p>KS1 M1U3S2</p> <p>LKS2(b) M1U3S1</p> <p>UKS2(b) M1U2S2</p> <p>UKS2(b) M1U2S3</p> <p>UKS2(b) M1U3S1</p> <p>UKS2(b) M1U3S2</p>	<p>EYFS Friends</p> <p>KS1 Being Sorry (cycle A)</p> <p>KS1 Rules (cycle b)</p> <p>LKS2 God's People (cycle b)</p> <p>UKS2 Sacrifice (cycle A)</p> <p>UKS2 Death and New Life (cycle B)</p>	<p>KS1 (a) Puzzle 1- Lesson 4</p> <p>KS1 (a) Puzzle 2- Lesson 6</p> <p>KS1 (a) Puzzle 3- Lesson 6</p> <p>KS1 (a) Puzzle 5- Lesson 5</p> <p>KS1 (b) Puzzle 1- Lesson 1</p> <p>KS1 (b) Puzzle 2- Lesson 1, 5 and 6</p> <p>KS1 (b) Puzzle 3- Lesson 1, 5</p> <p>KS1 (b) Puzzle 5- Lesson 4, 5, 6</p> <p>LKS2 (a) Puzzle 1- Lesson 2, 3</p> <p>LKS2 (a) Puzzle 2- Lesson 6</p> <p>LKS2 (a) Puzzle 3- Lesson 5, 6</p> <p>LKS2 (a) Puzzle 5- Lesson 2</p> <p>LKS2 (b) Puzzle 1- Lesson 1</p> <p>LKS2 (b) Puzzle 2- Lesson 6</p> <p>LKS2 (b) Puzzle 3- Lesson 6</p> <p>LKS2 (b) Puzzle 5- Lesson 2</p> <p>UKS2 (a) Puzzle 1- Lesson 2</p> <p>UKS2 (a) Puzzle 2- Lesson 3</p> <p>UKS2 (a) Puzzle 3- Lesson 1</p> <p>UKS2 (a) Puzzle 5- Lesson 1</p> <p>UKS2 (b) Puzzle 1- Lesson 2,3</p> <p>UKS2 (b) Puzzle 2- Lesson 6</p> <p>UKS2 (b) Puzzle 3- Lesson 3</p> <p>UKS2 (a) Puzzle 5- Lesson 3</p>	

<p>HE4-how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p>	<p>KS1 M1U3S3 LKS2(b) M1U3S3 UKS2(b) M1U3S2</p>	<p>EYFS Friends  LKS2 God's People (cycle b)  UKS2 Sacrifice (cycle A) UKS2 Death and New Life (cycle B)</p>	<p>KS1 (a) Puzzle 1-Lesson 5 KS1 (a) Puzzle 3-Lesson 5 KS1 (b) Puzzle 2-Lesson 4 KS1 (b) Puzzle 3-Lesson 6 LKS2 (a) Puzzle 2-Lesson 2 LKS2 (a) Puzzle 3-Lesson 2 LKS2 (b) Puzzle 2-Lesson 5 LKS2 (b) Puzzle 5-Lesson 3 UKS2 (a) Puzzle 2-Lesson 2 UKS2 (a) Puzzle 5-Lesson 1 UKS2 (b) Puzzle 1-Lesson 4 UKS2 (b) Puzzle 2-Lesson 1 UKS2 (b) Puzzle 3-Lesson 5 UKS2 (b) Puzzle 5-Lesson 1,2,3</p>	
<p>HE5-the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness</p>	<p>EYFS M1U2S3 LKS2(b) M1U3S1 UKS2(a) M2U2S1</p>		<p>UKS2 (a) Puzzle 5-Lesson 5 UKS2 (b) Puzzle 5-Lesson 1,2</p>	
<p>HE6-simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests</p>	<p>EYFS (EY2 only) M2U3S2 LKS2(b) M1U3S1 LKS2(b) M1U3S3 UKS2(a) M2U2S1 UKS2(a) M2U2S3</p>		<p>KS1 (a) Puzzle 5-Lesson 5,6  UKS2 (b) Puzzle 5-Lesson 1,2</p>	

<p>HE7-isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p>	<p>LKS2(b) M1U3S1 UKS2(b) M1U3S3</p>		<p>KS1 (a) Puzzle 1-Lesson 1 KS1 (a) Puzzle 2-Lesson 3,4 KS1 (b) Puzzle 2-Lesson 5 LKS2 (a) Puzzle 2-Lesson 5 LKS2 (b) Puzzle 2-Lesson 2, 3 LKS2 (b) Puzzle 5-Lesson 2, 4 UKS2 (a) Puzzle 1-Lesson 5 UKS2 (a) Puzzle 2-Lesson 3,4 UKS2 (a) Puzzle 5-Lesson 1 UKS2 (b) Puzzle 2-Lesson 1,2,3 UKS2 (b) Puzzle 3-Lesson 4 UKS2 (b) Puzzle 5-Lesson 1,2,3</p>	
<p>HE8-that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing</p>	<p>LKS2(a) M2U2S2 UKS2(a) M2U3S2</p>	<p>EYFS Friends</p>	<p>KS1 (a) Puzzle 2-Lesson 3,4 KS1 (b) Puzzle 2-Lesson 3 LKS2 (a) Puzzle 2-Lesson 3, 4, 5 LKS2 (b) Puzzle 2-Lesson 3 UKS2 (a) Puzzle 2-Lesson 4 UKS2 (a) Puzzle 5-Lesson 2,3 UKS2 (b) Puzzle 2-Lesson 4 UKS2 (b) Puzzle 5-Lesson 4</p>	
<p>HE9-where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are</p>	<p>EYFS (EY2 only) M2U3S2 LKS2(b) M1U3S1 UKS2(a) M2U2S3 UKS2(b) M1U3S3</p>		<p>KS1 (a) Puzzle 2-Lesson 4 KS1 (a) Puzzle 5-Lesson 4 KS1 (b) Puzzle 2-Lesson 4 LKS2 (a) Puzzle 2-Lesson 2, 3, 4 LKS2 (a) Puzzle 5-Lesson 3 LKS2 (b) Puzzle 2-Lesson 4</p>	

worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)			LKS2 (b) Puzzle 5-Lesson 2 UKS2 (a) Puzzle 2-Lesson 3,4 UKS2 (a) Puzzle 5-Lesson 2,3 UKS2 (b) Puzzle 5-Lesson 1,2,3,4	
HE10-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	LKS2(b) M1U3S1 UKS2(a) M2U2S3 UKS2(b) M1U3S3		LKS2 (b) Puzzle 5-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2,3 UKS2 (b) Puzzle 2-Lesson 1,2 UKS2 (b) Puzzle 5-Lesson 1,2,3	

## Internet safety and harms

Curriculum	Life to the full	Come and See	Jigsaw	Other
HE11-that for most people the internet is an integral part of life and has many benefits	EYFS (EY2 only) M2U3S1 KS1 M2U3S1 LKS2(a) M2U3S1 UKS2(a) M2U3S1		LKS2 (a) Puzzle 5-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5-Lesson 5,6	
HE12-about the benefits of rationing time spent online, the risks of excessive	EYFS (EY2 only) M2U3S1 LKS2(b) M1U2S2 UKS2(b) M1U2S4		LKS2 (a) Puzzle 5-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5-Lesson 5,6	

<p>time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing</p>				
<p>HE13-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</p>	<p>KS1 M2U3S1 LKS2(a) M2U3S1 UKS2(a) M2U3S1</p>		<p>KS1 (b) Puzzle 2-Lesson 3 LKS2 (a) Puzzle 2-Lesson 5 LKS2 (a) Puzzle 5-Lesson 3 LKS2 (b) Puzzle 2-Lesson 2 UKS2 (a) Puzzle 5-Lesson 2,3,4,5,6 UKS2 (b) Puzzle 2-Lesson 3,4 UKS2 (b) Puzzle 5-Lesson 5,6</p>	
<p>HE14-why social media, some computer games and online gaming, for example, are age restricted</p>			<p>LKS2 (a) Puzzle 5-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5-Lesson 5,6</p>	
<p>HE15-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</p>	<p>KS1 M2U3S1 LKS2(a) M2U3S1 LKS2(a) M2U3S2 UKS2(a) M2U3S2</p>		<p>KS1 (b) Puzzle 2-Lesson 3 KS1 (b) Puzzle 5-Lesson 3 LKS2 (a) Puzzle 2-Lesson 5 LKS2 (a) Puzzle 5-Lesson 3 UKS2 (a) Puzzle 5-Lesson 2,3,4,5,6 UKS2 (b) Puzzle 5-Lesson 5,6</p>	

<p>HE16-how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted</p>	<p>LKS2(b) M1U3S2</p> <p>UKS2(a) M2U3S1 UKS2(a+b)Yr6 only M1U3S4</p>		<p>LKS2 (a) Puzzle 5- Lesson 3</p> <p>UKS2 (a) Puzzle 5- Lesson 2,3,4,5,6</p> <p>UKS2 (b) Puzzle 5- Lesson 5,6</p>	
<p>HE17-where and how to report concerns and get support with issues online</p>	<p>EYFS (EY2 only) M2U3S1</p> <p>KS1 M2U3S1</p> <p>LKS2(a) M2U3S2 LKS2(a) M2U3S3</p> <p>UKS2(a+b)Yr6 only M1U3S4</p>		<p>KS1 (b) Puzzle 2- Lesson 4</p> <p>LKS2 (a) Puzzle 5- Lesson 3</p> <p>UKS2 (a) Puzzle 5- Lesson 2,3,4,5,6</p> <p>UKS2 (b) Puzzle 2- Lesson 3,4</p> <p>UKS2 (b) Puzzle 5- Lesson 1,2,3,4,5,6</p>	

## Physical health and fitness

Curriculum	Life to the full	Come and See	Jigsaw	Other
<p>HE18-the characteristics and mental and physical benefits of an active lifestyle (EYFS M1U2S2)</p>	<p>EYFS M1U2S2 EYFS M1U2S3</p> <p>KS1 M1U2S3</p> <p>LKS2(b) M1U2S2</p> <p>UKS2(a) M2U3S4 UKS2(b) M1U2S4</p>		<p>UKS2 (b) Puzzle 5- Lesson 1,2</p>	<p>UKS2 Topic (b) Island Invaders and Settlers Science L.O.10</p>
<p>HE19-the importance of building regular exercise into daily and</p>	<p>EYFS M1U2S3</p> <p>LKS2(b) M1U2S2</p> <p>UKS2(b) M1U3S1</p>			<p>KS1 Topic (a) Heroes Science L.O.17</p> <p>UKS2 Topic (b) Island Invaders and Settlers</p>

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				Science L.O.10
HE20-the risks associated with an inactive lifestyle (including obesity)	LKS2(b) M1U2S2 UKS2(b) M1U2S4			UKS2 Topic (b) Island Invaders and Settlers Science L.O.10
HE21-how and when to seek support including which adults to speak to in school if they are worried about their health	KS1 M2U3S5 LKS2(b) M1U2S2 UKS2(b) M1U2S4		UKS2 (b) Puzzle 5-Lesson 1,2	

## Healthy eating

Curriculum	Life to the full	Come and See	Jigsaw	Other
HE22-what constitutes a healthy diet (including understanding calories and other nutritional content)	EYFS M1U2S3 KS1 M1U2S3 LKS2(b) M1U2S2 UKS2(b) M1U2S4			KS1 Topic (a) Heroes Science L.O.17 LKS2 Topic (b) One Ocean Science L.O.14 UKS2 Topic (b) Island Invaders and Settlers Science L.O.7 UKS2 Topic (b) Island Invaders and Settlers

				Science L.O.10
HE23-the principles of planning and preparing a range of healthy meals	<p>KS1 M1U2S3</p> <p>LKS2(b) M1U2S2</p> <p>UKS2(b) M1U2S4</p>			<p>KS1 Topic (a) Heroes Science L.O.17</p> <p>LKS2 Topic (b) One Ocean Science L.O.14</p> <p>UKS2 Topic (b) Island Invaders and Settlers Science L.O.10</p>
HE24-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)	<p>EYFS M1U2S3</p> <p>KS1 M1U2S3</p> <p>KS1 M2U3S4</p> <p>LKS2(b) M1U2S2</p> <p>UKS2(a) M2U3S4</p> <p>UKS2(b) M1U2S4</p>			<p>KS1 Topic (a) Heroes Science L.O.17</p> <p>LKS2 Topic (b) One Ocean Science L.O.14</p> <p>UKS2 Topic (b) Island Invaders and Settlers Science L.O.10</p>

## Drugs, alcohol and tobacco

Curriculum	Life to the full	Come and See	Jigsaw	Other
HE25-the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking	<p>KS1 M2U3S4</p> <p>LKS2(a) M2U3S4</p> <p>UKS2(a) M2U3S4</p> <p>UKS2(a) M2U3S5</p> <p>UKS2(a) M2U3S6</p>			UKS2 Topic (b) Island Invaders and Settlers Science L.O.10



# Health and prevention

Curriculum	Life to the full	Come and See	Jigsaw	Other
HE26-how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body	EYFS (EY2 only) M2U3S3			UKS2 Topic (b) Island Invaders and Settlers Science L.O.10
HE27-about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer	EYFS M1U2S3 EYFS (EY2 only) M2U3S1  LKS2(b) M1U2S2  UKS2(b) M1U2S4			KS1 Topic (b) Great Britain  UKS2 Topic (b) Island Invaders and Settlers Science L.O.10
HE28-the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn	EYFS M1U2S3  KS1 M1U2S3  LKS2(b) M1U2S2  UKS2(b) M1U2S4			UKS2 Topic (b) Island Invaders and Settlers Science L.O.10
HE29-about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	EYFS M1U2S3  KS1 M1U2S3  LKS2(b) M1U2S2  UKS2(b) M1U2S4			LKS2 Topic (b) Journey to Ancient Egypt Science L.O.17  UKS2 Topic (b) Island Invaders and Settlers Science L.O.10

HE30-about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing	EYFS M1U2S3 KS1 M1U2S3 LKS2(b) M1U2S2 UKS2(a) M2U3S4 UKS2(b) M1U2S4			KS1 Topic (a) Heroes Science L.O.17
HE31-the facts and science relating to allergies, immunisation and vaccination	KS1 M2U3S5 LKS2(a) M2U3S4 UKS2(a) M2U3S4			

## Basic first aid

Curriculum	Life to the full	Come and See	Jigsaw	Other
HE32-how to make a clear and efficient call to emergency services if necessary	EYFS (EY2 only) M2U3S4 KS1 M2U3S5 LKS2(a) M2U3S5			
HE33-concepts of basic first-aid, for example dealing with common injuries, including head injuries	KS1 M2U3S5 LKS2(a) M2U3S5			

# Changing adolescent body

Curriculum	Life to the full	Come and See	Jigsaw	Other
<p>HE34-key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes</p>	<p>LKS2(a+b) M1U2S3 LKS2(a+b) M1U2S4</p> <p>UKS2(b) M1U2S2 UKS2(b) M1U2S3</p>			<p>UKS2 Topic (a) Jurassic Jewels and Triassic Treasures Science L.O.8</p>
<p>HE35-about menstrual wellbeing including the key facts about the menstrual cycle</p>	<p>LKS2(a+b) M1U2S3 LKS2(a+b) M1U2S4</p> <p>UKS2(a+b)Yr5 Girls only M1U4S3</p>			