

Mapping Health Education, Relationships Education, Science, Computing, PE & PHSE/Jigsaw

Health Education 2020 <i>Statutory</i>	<i>Jigsaw 2020</i>	Coram SCARF	Relationships Education 2020 <i>Statutory</i>	Science <i>Statutory</i>	Computing <i>Statutory</i>	PE <i>Statutory</i>
Mental Wellbeing <ul style="list-style-type: none"> that mental wellbeing is a normal part of daily life, in the same way as physical health. 	<ul style="list-style-type: none"> <i>Healthy Me</i> 	Health & Wellbeing: Healthy Lifestyle	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 		
<ul style="list-style-type: none"> that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) & scale of emotions that all humans experience in relation to different experiences & situations 	<ul style="list-style-type: none"> <i>Being Me in My World</i> <i>Relationships</i> 	Relationships Healthy Relationships	<ul style="list-style-type: none"> the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests & experiences & support with problems & difficulties practical steps they can take in a range of different contexts to improve or support respectful relationships. the conventions of courtesy & manners. 	<ul style="list-style-type: none"> 		POS: Opportunities to compete in sport & other activities build character & help to embed values such as fairness & respect .
<ul style="list-style-type: none"> how to recognise & talk about their emotions, including having a varied vocabulary of words to use when talking about their own & others' feelings. how to judge whether what they are feeling & how they are behaving is appropriate & proportionate. 	<ul style="list-style-type: none"> <i>Celebrating Difference</i> <i>Relationships</i> 	Relationships Healthy Relationships	<ul style="list-style-type: none"> that stable, caring relationships, which may be of different types, are at the heart of happy families, & are important for children's security as they grow up. the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection & care for children & other family members, the importance of spending time together & sharing each other's lives. 			
	<ul style="list-style-type: none"> <i>Being Me in My World</i> <i>Dreams & Goals</i> 	Growth Mindset	<ul style="list-style-type: none"> the importance of self-respect & how this links to their own happiness. the importance of permission-seeking & giving in relationships with friends, peers & adults. 			KS2: They should develop an understanding of how to improve in different physical activities & sports & learn how to evaluate & recognise their own success .
	<ul style="list-style-type: none"> <i>Relationships</i> 	Relationships Healthy Relationships	<ul style="list-style-type: none"> 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. how to critically consider their online friendships & sources of information including awareness of the risks associated with people they have never met. 		KS2: use technology safely, respectfully & responsibly <i>Computing SoW:</i> Y3 Lesson 5,6 Y4 Lesson 4,5,6 Y5 Lesson 4,6 Y6 Lesson	
	<ul style="list-style-type: none"> <i>Changing Me</i> <i>Relationships</i> 		<ul style="list-style-type: none"> that each person's body belongs to them, & the differences between appropriate & inappropriate or unsafe physical, & other, contact how to respond safely & appropriately to adults they may encounter (in all contexts, inc online) whom they do not know. 	Y1: identify, name, draw & label the basic parts of the human body & say which part of the body is associated with each sense.		
<ul style="list-style-type: none"> the benefits of physical exercise, time outdoors, community participation, voluntary & service-based activity on mental wellbeing & happiness. 	<ul style="list-style-type: none"> <i>Healthy Me</i> <i>Dreams and Goals</i> 	Health & Wellbeing Healthy Lifestyle	<ul style="list-style-type: none"> 	Y2: describe the importance for humans of exercise Y6: recognise impact of exercise & lifestyle on the way their bodies function		Aims: lead healthy, active lives. POS: Opportunities to compete in sport & other activities build character & help to embed values such as fairness & respect .

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<ul style="list-style-type: none"> • simple self-care techniques, including the importance of rest, time spent with friends & family & the benefits of hobbies & interests. 	<ul style="list-style-type: none"> • Healthy Me • Relationships 	Relationships Healthy Relationships	<ul style="list-style-type: none"> • how important friendships are in making us feel happy & secure, & how people choose & make friends. • what sorts of boundaries are appropriate in friendships with peers & others (including in a digital context) 	<ul style="list-style-type: none"> • 	KS2: use technology respectfully & responsibly	POS: Opportunities to compete in sport & other activities build character & help to embed values such as fairness & respect.
<ul style="list-style-type: none"> • isolation & loneliness can affect children & that it is very important for children to discuss their feelings with an adult & seek support. 	<ul style="list-style-type: none"> • Relationships 	Relationships Healthy Relationships	<ul style="list-style-type: none"> • that healthy friendships are positive & welcoming towards others, & do not make others feel lonely or excluded. • that families are important for children growing up because they can give love, security & stability. • about the concept of privacy & the implications of it for both children & adults; including that it is not always right to keep secrets if they relate to being safe. 	<ul style="list-style-type: none"> • 	KS2: use technology safely, respectfully & responsibly <i>Computing SoW:</i> Y3 Lesson 1, 2 Y4 Lesson 1 Y5 Lesson 5 Y6 Lesson 2	
<ul style="list-style-type: none"> • that bullying (including cyberbullying) has a negative & often lasting impact on mental wellbeing. 	<ul style="list-style-type: none"> • Celebrating Difference • Healthy Me 	Living in the Wider World Rules, Rights & Responsibilities	<ul style="list-style-type: none"> • that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences & know that other children's families are also characterised by love & care 	<ul style="list-style-type: none"> • 		
	<ul style="list-style-type: none"> • Celebrating Difference • Relationships • Changing Me 	Relationships Valuing Difference	<ul style="list-style-type: none"> • 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. • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) & how to get help. • what a stereotype is, & how stereotypes can be unfair, negative or destructive 	<ul style="list-style-type: none"> • 	KS2: use technology respectfully & responsibly KS2: recognise acceptable & unacceptable behaviour <i>Computing SoW:</i> Y3 Lesson 5,6 Y4 Lesson 4,5,6 Y5 Lesson 5,6 Y6 Lesson 4, 5, 6	
	<ul style="list-style-type: none"> • Relationships • 		<ul style="list-style-type: none"> • that people sometimes behave differently online, including by pretending to be someone they are not 	<ul style="list-style-type: none"> • 		
<ul style="list-style-type: none"> • where & 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). 	<ul style="list-style-type: none"> • Relationships • Changing Me • 	Relationships Healthy Relationships Health & Wellbeing Staying Safe	<ul style="list-style-type: none"> • how to recognise who to trust & who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations & how to seek help or advice from others, if needed. 	<ul style="list-style-type: none"> • 	KS2: identify a range of ways to report concerns about content & contact <i>Computing SoW:</i> Y3: Lesson 3, 6 Y4 Lesson 2, 4, 5 Y5 Lesson 3, 5 Y6 Lesson 5, 6,	
	<ul style="list-style-type: none"> • Relationships • 	Relationships Healthy Relationships	<ul style="list-style-type: none"> • how to recognise if family relationships are making them feel unhappy or unsafe, & how to seek help or advice from others if needed. 	<ul style="list-style-type: none"> • 		
	<ul style="list-style-type: none"> • Relationships • 	Health & Wellbeing Staying Safe	<ul style="list-style-type: none"> • the rules & principles for keeping safe online, how to recognise risks, harmful content & contact, & how to report them 	<ul style="list-style-type: none"> • 		
	<ul style="list-style-type: none"> • Relationships • Changing Me • 	Health & Wellbeing Keeping Safe	<ul style="list-style-type: none"> • how to recognise & report feelings of being unsafe or feeling bad about any adult. • how to ask for advice or help for themselves or others, & to keep trying until they are heard. • how to report concerns or abuse, & the vocabulary & confidence needed to do so • where to get advice e.g. family, school and/or other sources. 	<ul style="list-style-type: none"> • 		

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<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> <i>Being Me in My World</i> <i>Relationships</i> 	Relationships Healthy Relationships	<ul style="list-style-type: none"> that families are important for children growing up because they can give love, security & stability. 	<ul style="list-style-type: none"> 		
<p>Physical health & fitness</p> <ul style="list-style-type: none"> the characteristics & mental & physical benefits of an active lifestyle. the importance of building regular exercise into daily & weekly routines & how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. the risks associated with an inactive lifestyle (including obesity). 	<ul style="list-style-type: none"> <i>Healthy Me</i> <i>Dreams and Goals</i> 	Health & Wellbeing Healthy Lifestyle	<ul style="list-style-type: none"> 	<p>Y2: describe the importance for humans of exercise Y3: identify that humans & some other animals have skeletons & muscles for support & movement Y6: identify/name the main parts of human circulatory system, & describe the functions of the heart, blood vessels & blood Y6: recognise the impact of exercise & lifestyle on the way their bodies function</p>	<ul style="list-style-type: none"> 	<p>Aims: Ensure all pupils:</p> <ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports & activities lead healthy, active lives.
<ul style="list-style-type: none"> how & when to seek support including which adults to speak to in school if they are worried about their health. 	<ul style="list-style-type: none"> <i>Relationships</i> 	Health & Wellbeing Keeping Safe	<ul style="list-style-type: none"> how to ask for advice or help for themselves or others, & to keep trying until they are heard. where to get advice e.g. family, school and/or other sources. 		<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
<p>Healthy eating</p> <ul style="list-style-type: none"> what constitutes a healthy diet (including understanding calories & other nutritional content). the principles of planning & preparing a range of healthy meals. the characteristics of a poor diet & risks associated with unhealthy eating (including, for example, obesity & tooth decay) & other behaviours (e.g. the impact of alcohol on diet or health). 	<ul style="list-style-type: none"> <i>Healthy Me</i> 	Health & Wellbeing Healthy Lifestyle	<ul style="list-style-type: none"> 	<p>Y2: describe the importance for humans of eating the right amounts of different types of food (<i>DT Food</i>) Y4: identify different types of teeth in humans & their simple functions Y4: identify that animals, including humans, need the right types & amount of nutrition, & that they cannot make their own food; they get nutrition from what they eat (<i>DT Food</i>) Y6: recognise the impact of diet, drugs & lifestyle on the way their bodies function</p>	<ul style="list-style-type: none"> 	
<p>Drugs, alcohol & tobacco</p> <ul style="list-style-type: none"> the facts about legal & illegal harmful substances & associated risks, including smoking, alcohol use & drug-taking. 	<ul style="list-style-type: none"> <i>Healthy Me</i> 	Health & Wellbeing Healthy Lifestyle	<ul style="list-style-type: none"> 	<p>Y6: recognise the impact of drugs & lifestyle on the way their bodies function</p>	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">

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Health & prevention <ul style="list-style-type: none"> how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. the importance of sufficient good quality sleep for good health & that a lack of sleep can affect weight, mood & ability to learn 	• <i>Healthy Me</i>	Health & Wellbeing Healthy Lifestyle	•	Y6: recognise the impact of lifestyle on the way their bodies function	•	•
<ul style="list-style-type: none"> about safe & unsafe exposure to the sun, & how to reduce the risk of sun damage, including skin cancer. 	• <i>Healthy Me</i>	Health & Wellbeing Healthy Lifestyle	•	Y3: recognise that light from the sun can be dangerous & that there are ways to protect their eyes (<i>also see DT Sunglasses</i>)	•	•
<ul style="list-style-type: none"> about dental health & the benefits of good oral hygiene & dental flossing, including regular check-ups at the dentist. 	• <i>Healthy Me</i>	Health & Wellbeing Healthy Lifestyle	•	Y4: identify the different types of teeth in humans & their simple functions	•	•
<ul style="list-style-type: none"> about personal hygiene & germs including bacteria, viruses, how they are spread & treated, & the importance of handwashing. the facts & science relating to allergies, immunisation & vaccination 	• <i>Healthy Me</i>	Health & Wellbeing Healthy Lifestyle	•	Y2: describe the importance for humans of hygiene Y6: describe how living things are classified into groups according to common observable characteristics & based on similarities/differences, inc micro-organisms , plants/animals	•	•
Basic first aid <ul style="list-style-type: none"> how to make a clear & efficient call to emergency services if necessary. concepts of basic first-aid, for example dealing with common injuries, including head injuries. 	• <i>Healthy Me</i>	Health & Wellbeing Keeping Safe	•	•	•	•
Changing adolescent body <ul style="list-style-type: none"> key facts about puberty & the changing adolescent body, particularly from age 9 through to age 11, including physical & emotional changes about menstrual wellbeing including the key facts about the menstrual cycle. 	• <i>Changing Me</i>		<ul style="list-style-type: none"> that each person's body belongs to them, & the differences between appropriate & inappropriate or unsafe physical, & other, contact. how to respond safely & appropriately to adults they may encounter (in all contexts, including online) whom they do not know 	Y2: notice that animals, inc humans, have offspring which grow into adults Y5: describe the changes as humans develop to old age Y5: describe the differences in the life cycles of a mammal , an amphibian, insect & bird Y5: describe the life process of reproduction in some plants & animals	•	•

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<p>Internet safety & harms</p> <ul style="list-style-type: none"> that for most people the internet is an integral part of life & has many benefits. about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices & the impact of positive & negative content online on their own & others' mental & physical wellbeing. why social media, some computer games & online gaming are age restricted. 	<ul style="list-style-type: none"> Relationships Being Me in My World 	<p>Relationships: Healthy Relationships</p> <p>Living in the Wider World: Rules, Rights and Responsibilities</p>	<ul style="list-style-type: none"> that people sometimes behave differently online, including by pretending to be someone they are not 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. the rules & principles for keeping safe online, how to recognise risks, harmful content & contact, & how to report them. 	<p>Y6: recognise the impact of lifestyle on the way their bodies function</p>	<p>KS2: use technology respectfully & responsibly <i>Computing SoW:</i> Y3 Lesson 1, 3, 4 Y4 Lesson 1 Y5 Lesson 4, 5, Y6 Lesson 2, 3, 4, 6,</p>	
<ul style="list-style-type: none"> how to consider the effect of their online actions on others & know how to recognise & display respectful behaviour online & the importance of keeping personal info private. that the internet can also be a negative place where online abuse, trolling, bullying & harassment can take place, which can have a negative impact on mental health 	<ul style="list-style-type: none"> Celebrating Difference 	<p>Relationships: Healthy Relationships</p> <p>Living in the Wider World: Rules, Rights & Responsibilities</p>	<ul style="list-style-type: none"> what sorts of boundaries are appropriate in friendships with peers & others (including in a digital context) how information & data is shared & used online 		<p>KS2: use technology respectfully & responsibly <i>Computing SoW:</i> Y3 Lesson 5,6 Y4 Lesson 3,4,5 Y5 Lesson 1, 2, Y6 Lesson 5, 6</p>	
<ul style="list-style-type: none"> how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected & targeted 	<ul style="list-style-type: none"> Relationships 		<ul style="list-style-type: none"> how to critically consider their online friendships & sources of information including awareness of the risks associated with people they have never met how information & data is shared & used online 		<p>KS2: use search technologies effectively KS2: appreciate how results are selected/ranked KS2: be discerning in evaluating digital content <i>Computing SoW:</i> Y3 Lesson 3,4 Y4 Lesson 1,2 Y5 Lesson 1, 2 Y6 Lesson 1, 2, 3,</p>	
<ul style="list-style-type: none"> where & how to report concerns & get support with issues online. 	<ul style="list-style-type: none"> Relationships Healthy Me 	<p>Health & Wellbeing Keeping Safe</p>	<ul style="list-style-type: none"> what sorts of boundaries are appropriate in friendships with peers & others (including in a digital context) how to respond safely & appropriately to adults they may encounter (in all contexts, including online) whom they do not know how to ask for advice or help for themselves or others, & to keep trying until they are heard. how to report concerns or abuse, & the vocabulary & confidence needed to do so where to get advice e.g. family, school and/or other sources. the rules & principles for keeping safe online, how to recognise risks, harmful content & contact, & how to report them 		<p>KS2: identify a range of ways to report concerns about content & contact <i>Computing SoW:</i> Y3 Lesson 3, 6 Y4 Lesson 4,6 Y5 Lesson 4, Y6 Lesson 6</p>	
	<ul style="list-style-type: none"> Being Me in My World Dreams and Goals 	<p>Living in the Wider World: Rules, Rights & Responsibilities Caring for the Environment Money</p>		<p>Y4: recognise that environments can change and that this can sometimes pose dangers to living things (<i>Environmental Issues</i>)</p>		