

St George's Central CE Primary School and Nursery

National Curriculum – Links to Statutory Relationships and Health Education

Key Stage 1

Curriculum subject	Subject content and year group	Links to statutory Relationships and Health Education (by the end of primary school pupils should know...)
Science	<ul style="list-style-type: none"> Year 1 – identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. Year 1 – pupils should have plenty of opportunities to learn the names of the main body parts (including head, neck, arms, elbows, legs, knees, face, ears, eyes, hair, mouth, teeth) through games, actions, songs and rhymes (Notes and guidance – non-statutory). 	<p>Being safe</p> <ul style="list-style-type: none"> that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
	<ul style="list-style-type: none"> Year 2 – find out about and describe the basic needs of animals, including humans, for survival (water, food and air). 	<p>Healthy eating</p> <ul style="list-style-type: none"> what constitutes a healthy diet (including understanding calories and other nutritional content)
	<ul style="list-style-type: none"> Year 2 – describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene. 	<p>Mental well-being</p> <ul style="list-style-type: none"> the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness <p>Physical health and fitness</p> <ul style="list-style-type: none"> 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 <p>Healthy eating</p> <ul style="list-style-type: none"> what constitutes a healthy diet (including understanding calories and other nutritional content) <p>Health and prevention</p> <ul style="list-style-type: none"> about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing

'Never settle for less than your best'

Computing	<ul style="list-style-type: none"> • Year 1/Year 2 – use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies. 	<p>Online relationships</p> <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 • the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them <p>Being safe</p> <ul style="list-style-type: none"> • how to ask for advice or help for themselves or others, and to keep trying until they are heard • how to report concerns or abuse, and the vocabulary and confidence needed to do so • where to get advice e.g. family, school and/or other sources <p>Internet safety and harms</p> <ul style="list-style-type: none"> • 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 • where and how to report concerns and get support with issues online
Design and technology	<ul style="list-style-type: none"> • Year 1/Year 2 – use the basic principles of a healthy and varied diet to prepare dishes. 	<p>Healthy eating</p> <ul style="list-style-type: none"> • what constitutes a healthy diet (including understanding calories and other nutritional content) • 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)
PE	<p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> • lead healthy, active lives. 	<p>Physical health and fitness</p> <ul style="list-style-type: none"> • the characteristics and mental and physical benefits of an active lifestyle
Religious Education	<p>Schools may use a range of materials to deliver their RE curriculum. You may wish to map your current RE programme of study to the statutory guidance and include it in this grid so that the links can be clearly identified.</p>	

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Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12