



	EIFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
My body and my health	<ul style="list-style-type: none"> Why are girls' and boys' bodies different? What do we call the different parts of girls' and boys' bodies? Why and when do I need to wash my hands? How do I keep myself safe in the sun? 	<ul style="list-style-type: none"> Can you recall the different parts of girls' and boys' bodies? How can I look after my teeth? How can I keep myself healthy? (exercise, food, sleep). Who does my body belong to? How do we call for emergency help (999) – and when would we call? 	<ul style="list-style-type: none"> How has my body changed since I was a baby? What is a healthy diet? How can I help stop diseases spreading in school (washing hands, using tissues etc)? Why are medicines locked away and why can't we take other people's medicines? How often should I be exercising? 	<ul style="list-style-type: none"> Why are some children growing quicker than others? What is the difference between prescription and non-prescription medicines? What are the risks of an inactive lifestyle (obesity)? Why is sleep so important? 	<ul style="list-style-type: none"> Why is my body changing? Why are some girls in my class taller than the boys? How do girls and boys grow differently? Why are we all different? Is it ok to be different? What are similarities and differences between boys and girls? Should boys and girls behave differently? 	<ul style="list-style-type: none"> What is puberty? Does everyone go through it? At what age? What body changes do boys and girls go through at puberty? Why are some girls 'tomboys' and some boys a bit 'girly'? Why do the media show so many pictures of thin/muscley/perfect celebrities? Should we all look like this? Is my body normal? What is a 'normal' body? How will my body change as I get older? Why are some drugs 'good' and some drugs 'bad' for our immediate and future health? Why is immunisation and vaccination so important? What is our food made up of – and what are calories? (nutritional content) What is the menstrual cycle? 	<ul style="list-style-type: none"> What are wet dreams? Am I normal? What is normal for my age? If I am a late-developer, will I catch up? People say our hormones are raging during adolescence - what effect do they have on the body? How do hormones affect boys and girls differently? How does social media affect our body image? How does the menstrual cycle affect fertility? Why do boys get erections? How do we know when we may be becoming ill (early warnings) What are the basic concepts of first aid – how can I help others confidently?

This programme of study has been created in relation to the 2019 Relationships Education, Relationships and Sex Education (RSE) and Health Education Draft statutory guidance, February 2019. It meets all requirements, when read in conjunction with the 'Online Safety Overview' planning materials.

 - RSE Teacher to cover during RSE sessions