

Curriculum	Statutory guidance core theme	Learning objective	Key words
Relationships Education	NWA Yr 6 Lesson1 Families and people who care for me	Pupils safely explore examples of unhappy and unsafe family relationships, including identification of healthy responses to safely seeking help.	Running away; Risk; Safety; Secrets; Grooming; Consent
Relationships Education Lesson not statutory until KS3 but statistics show girls are around this age (Yrs 5/6) when it is performed and therefore it is important that pupils are clear.	NWA Yr 6 Lesson 2 Caring friendships	<p>Pupils know some cultural practices are against British law, including FGM.</p> <p>We briefly explore male circumcision as this is totally normal and an accepted health and religious practise.</p> <p>In contrast, we point out that any similar procedure on females in not part of a religion or connected to a health issue and therefore illegal. This is not elaborated upon any further.</p>	Male Genitalia: foreskin, Circumcision
Relationships Education	NWA Yr 6 Lesson 3 Respectful relationships	Pupils realise the nature and consequences of discrimination, including the use of prejudice-based language.	Heteronormativity; Homophobic; Biphobic; Transphobic.
Relationships Education/ Health Education	NWA Yr 6 Lesson 4 Online relationships/ Internet safety and harms	Pupils can consider a range of information that is acceptable and unacceptable to share online, knowing how to get help if needed.	Permission; Follower
Relationships Education	NWA Yr 6 Lesson 5 Being safe	Pupils develop the confidence and skills to know when, who and how to ask for help independently or with support.	Problems; Support; Help; Trust
My body	NWA Yr 6 Lesson 6 Sex and reproduction	Pupils can explain what sexual intercourse is and how this leads to reproduction using the correct terms to describe the male and female sexual organs.	Sexual intercourse; Conception; Reproduction
Health Education	NWA Yr 6 Lesson 7 Internet safety and harms	Pupils can recognise how images in the media, including online do not always reflect reality and can affect how people feel about themselves.	Media; Body-image; Discerning consumer

Health education	NWA Yr 6 Lesson 8 Mental wellbeing	Pupils know how feelings and emotions are affected and can be managed at changing, challenging or difficult times	Feelings; Emotions; Moods, Thoughts; Mental health; Wellbeing, Challenge, Advice, Support
Health Education	NWA Yr 6 Lesson 9 Healthy eating	Pupils can recognise the impact of diet in lifestyle.	Diet; Nutrition; Calories; Obesity; Hydration; Health; Wellbeing
Health Education	NWA Yr 6 Lesson 10 Drugs, alcohol and tobacco	Pupils know some key facts and risks associated with smoking, alcohol and drugs.	Drug; Alcohol Vaping; Attitudes; Law
Health Education Guidance does not discuss other contraception  NWA PREFERENCE here to link to COVID-19 Pandemic spread. Key message is condom prevents disease and pregnancy through the transmission of fluids in a similar way to infection.	NWA Yr 6 Lesson 11 Health and prevention	Pupils have an awareness that infections can be shared during sexual intercourse and that a condom can help to prevent this.	Infection; Sexually transmitted infection; Condom
Health Education	NWA Yr 6 Lesson 12 Basic first aid	Pupils know when it is safe to give first aid, call for help and what to do in an emergency.	Emergency; Injury; Safe; First Aid

#### Year 5

Curriculum	Statutory guidance core theme	Learning objective	Key words
Relationships Education	NWA Yr 5 Lesson 1 Families and people who care for me	Pupils know that there are different contexts in which families can be stable and caring.	Caring; Young carers
Relationships Education	NWA Yr 5 Lesson 2 Caring friendships	Pupils can identify healthy friendships, recognising the skills to manage and maintain healthy friendships.	Friendship; Relationship; Unhealthy; Unsafe
Relationships Education	NWA Yr 5 Lesson 3 Respectful relationships	Pupils know the correct terms associated with gender and sexuality and that using these words to be unkind is homophobic, biphobic and /or transphobic bullying. They understand that this is unacceptable.	Gender; Sex; Transgender; Gay; Lesbian

Relationships Education/ Health Education	NWA Yr 5 Lesson 4 Online relationships/ Internet safety and harms	Pupils have strategies for keeping safe online, knowing that personal information, including images of themselves and others, can be shared without their permission.	Personal information; Online sharing
Relationships Education	NWA Yr 5 Lesson 5 Being safe	Pupils have considered how to manage accidental exposure to explicit images and upsetting online content, including who to talk to about what they have seen.	Online; Upset
Health Education	NWA Yr 5 Lesson 6 Changing adolescent body	Pupils can anticipate how their body may change as they approach and move through puberty.	Puberty; Penis; Testicles; Erection; Wet dream; Vulva; Vagina; Period
Health Education	NWA Yr 5 Lesson 7 Mental wellbeing	Pupils can anticipate how their emotions may change as they approach and move through puberty	Emotions; Puberty
Health Education	NWA Yr 5 Lesson 8 Physical health and fitness	Pupils understand how taking part in regular physical activity has lots of benefits to physical and mental health, wellbeing and their learning.	
Health Education	NWA Yr 5 Lesson 9 Drugs, alcohol and tobacco	Pupils know some key facts and risks associated with smoking, alcohol and drugs.	Drug; Alcohol, Vaping; Attitudes
Health Education	NWA Yr 5 Lesson 10 Health and prevention	To learn about the importance of good sleep	Sleep; Sleep terrors; Sleep walking
Health Education	NWA Yr 5 Lesson 11 Basic first aid	Pupils can identify an emergency situation where someone needs help quickly.	Risk; Safe; Emergency services

#### Year 4

Curriculum	Statutory guidance core theme	Learning objective	Key words
Relationships Education	NWA Yr 4 Lesson 1 Families and people who care for me	Pupils know that marriage is a commitment freely entered into by both people and that no one should marry if they do not want to or are not making the decision freely for themselves.	Marriage; Forced Marriage; Arranged Marriage
Relationships Education	NWA Yr 4 Lesson 2 Caring friendships	Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.	Peer pressure
Relationships Education	NWA Yr 4 Lesson 3 Respectful relationships *Acknowledging families can have two mums or two dads or foster parents etc	Pupils recognise differences and similarities between people arise from a number of factors, including family and personal identity.	Similar; Different; Identity; Respect

Relationships Education/ Health Education	NWA Yr 4 Lesson 4 Online relationships/ Internet safety and harms	Pupils have the knowledge, skills and confidence to understand and navigate online risks linked to social media.	Online; Public; Block
Relationships Education	NWA Yr 4 Lesson 5 Being safe	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, including ways to respond.	Public; Private; Uncomfortable
Health Education NWA Preference to add periods for yr 4 girls	NWA Yr 4 Lesson 6 Changing adolescent body	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.	Developing; Growing; Foetus; Puberty
Health Education	NWA Yr 4 Lesson 7 Mental wellbeing	Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.	Emotions; Empathy
Health Education	NWA Yr 4 Lesson 8 Healthy Eating Year 2 did KS1 toolkit	Pupils know that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices.	Sugar; Saturated fat
Health Education	NWA Yr 4 Lesson 9 Drugs, alcohol and tobacco	Pupils understand that perceptions around risk taking behaviours, including drugs and alcohol can add pressure to do something that they are uncomfortable to do.	Drugs; Smoking; Alcohol; Illegal; Peer pressure
Health Education	NWA Yr 4 Lesson 10 Health and prevention	Pupils know how to care for their body.	Clean; Healthy; Hygienic
Health Education	NWA Yr 4 Lesson 11 Basic first aid	Pupils understand how to identify risk, keeping themselves and others safe in an emergency situation.	Risk; Safe; Emergency services

### Year 3

Curriculum	Statutory guidance core theme	Learning objective	Key words
Relationships Education	NWA Yr 3 Lesson 1 Families and people who care for me	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	Family; Relationship; Respect
Relationships Education	NWA Yr 3 Lesson 2 Caring friendships	Pupils can distinguish different kinds of conflict; know when and where to get help.	Arguments; Disagreements; Conflict; Resolution
Relationships Education	NWA Yr 3 Lesson 3 Respectful relationships	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl.	Gender; Stereotype
Relationships Education/ Health Education	NWA Yr 3 Lesson 4 Online relationships/ internet safety and harms	Pupils can identify the difference between secrets and surprises, knowing when it is right to break a confidence and share a secret, including within an online context.	Secret; Surprise; Online; Trust; Share

Relationships Education	NWA Yr 3 Lesson 5 Being safe	Pupils understand the right to protect themselves from unwanted touch, feeling unsafe or feeling bad.	Comfortable; Uncomfortable; Penis; Testicles; Vulva; Vagina
My Body	NWA Yr 3 Lesson 6 My Body	Pupils know how their body may change and develop and how to celebrate their uniqueness.	Similar; Unique.
Health Education	NWA Yr 3 Lesson 7 Mental wellbeing	Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness.	Aspiration; Compliment; Happiness; Self-esteem; Self-talk
Health Education	NWA Yr 3 Lesson 8 Physical Health and fitness	Pupils are able to identify an enjoyable form of physical activity, understanding why it is important to be physically active.	Physical activity; Exercise
Health Education	NWA Yr 3 Lesson 9 Drugs, alcohol and tobacco	Pupils understand that perceptions around risk taking behaviours, including drugs and alcohol can add pressure to do something that they are uncomfortable to do.	Drugs; Smoking; Alcohol; Illegal; Peer pressure
Health Education	NWA Yr 3 Lesson 10 Health and prevention	Pupils understand the danger of overexposure to the sun.	Sunshine; UV; Protection
Health Education	NWA Yr 3 Lesson 11 Basic first aid	Pupils can explain what first aid is and why it is important.	First aid; Accident; Hurt; Illness

## Year 2

Curriculum	Statutory guidance core theme	Learning objective	Key words
Relationships Education	NWA Yr 2 Lesson 1 Families and people who care for me	Pupils can identify the ways in which people and families are unique, understanding there has never been and will never be another them.	Different; Special; Unique; Love; Care
Relationships Education	NWA Yr 2 Lesson 2 Caring friendships	Pupils know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.	Secret; Surprised; Excited; Worried
Relationships Education	NWA Yr 2 Lesson 3 Respectful relationships	Pupils can recognise and celebrate their strengths and achievements, setting simple but challenging goals.	Self-esteem; Self-respect
Relationships Education/ Health Education	NWA Yr 2 Lesson 4 Online relationships/ Internet safety and harms	Pupils understand that people online may try to manipulate others, how this can make someone feel and how to identify and approach adults who can help.	Online games; Personal information
Relationships Education	NWA Yr 2 Lesson 5 Being safe	Pupils can judge what kind of physical contact is acceptable, comfortable or uncomfortable and how to respond.	Touch; comfortable; uncomfortable; privacy; personal space
My body	NWA Yr 2 Lesson 6 My Body	Pupils understand that some bacteria are spread and that they have the right to be protected from illness and a responsibility to protect others.	New-born; Developing; Growing

Health Education	NWA Yr 2 Lesson 7 Health and prevention	Pupils can recognise different types of teasing and bullying and understand that these are wrong and unacceptable.	Disease; Bacteria; Infectious
Health Education	NWA Yr 2 Lesson 8 Mental wellbeing	Pupils can recognise different types of teasing and bullying and understand that these are wrong and unacceptable. ??? Repeats	Bullying; Power imbalance; Repetitive; Purpose.
Health Education	NWA Yr 2 Lesson 9 Healthy eating	Pupils can identify an emergency situation where someone needs help quickly.	Sugar; Saturated fat
Health Education	NWA Yr 2 Lesson 10 Basic first aid		Risk; Safe; Emergency services

#### Year 1

Curriculum	Statutory guidance core theme	Learning objective	Key words
Relationships Education	NWA Yr 1 Lesson 1 Families and people who care for me	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.	Special; Love; Care
Relationships Education	NWA Yr 1 Lesson 2 Caring friendships	Pupils understand the importance of listening to other people and playing and working cooperatively, including simple strategies to resolve disagreements through negotiation.	Communication; Friendship
Relationships Education	NWA Yr 1 Lesson 3 Respectful relationships	Pupils can identify and respect differences and similarities between people and can celebrate this.	Differences; Similarities; Unique
Relationships Education/ Health Education	NWA Yr 1 Lesson 4 Online relationships/ Internet safety and harms	Pupils understand that photos can be shared online, the importance of seeking permission before sharing a photo and how to identify and approach adults who can help.	Online; Worried; Scared
Relationships Education	NWA Yr 1 Lesson 5 Being safe	Pupils can identify the people who look after them and how to attract their attention if needed.	Problem; Help; Safe
My body	NWA Yr 1 Lesson 6 My Body	Pupils can correctly name the main parts of the body, including external genitalia using scientific terms	Penis; Vulva
Health Education	NWA Yr 1 Lesson 7 Mental wellbeing	Pupils are able to communicate about feelings, recognising how others show feelings, and know how to respond to support respectful relationships.	Behaviours; Emotions; Feelings; Respect
Health Education	NWA Yr 1 Lesson 8 Physical health and fitness	Pupils are able to identify an enjoyable form of physical activity, understanding why it is important to be physically active.	Physical activity; Exercise
Health Education	NWA Yr 1 Lesson 9 Health and prevention	Pupils can identify different ways to protect teeth, maintaining good oral hygiene.	Oral; Hygiene; Decay

Health Education	NWA Yr 1 Lesson 10 Basic first aid	Pupils understand how to identify risk, keeping themselves and others safe in an emergency situation.	Risk; Safe; Emergency services
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#### EYFS

Curriculum	Statutory guidance core theme	Learning objective	Key words
Relationships Education	NWA EYFS Lesson 1 Families and people who care for me	Pupils understand that 'family' means different things to different people.	Family; Similar; Different
Relationships Education	NWA EYFS Lesson 2 Caring friendships	Pupils understand that there are similarities and differences between everyone, and can celebrate this.	Different; Same; Similar
Relationships Education	NWA EYFS Lesson 3 Respectful relationships	Pupils can recognise what they like and dislike, feeling empowered to make respectful and informed choices.	Like; Dislike; Difficult
Relationships Education; Health Education	NWA EYFS Lesson 4 Online relationships; Internet safety and harms	Pupils understand what being online may look like, the different feelings they can experience online and how to identify adults who can help.	Online; Worried; Scared
Relationships Education	NWA EYFS Lesson 5 Being safe	Pupils understand the concept of privacy, including the right to keep things private and the importance of respecting another person's right to privacy.	Private; Public; Safe
My Body	NWA EYFS Lesson 6 My Body	Pupils can correctly position body parts.	Body
Health Education	NWA EYFS Lesson 7 Mental Wellbeing	Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Feelings; Comfortable; Uncomfortable
Health Education	NWA EYFS Lesson 8 Healthy Eating	Pupils know that different food and drink contains varying amounts of sugar, explaining why it is important to make healthier choices.	Sugar; obesity; tooth decay
Health Education	NWA EYFS Lesson 9 Health and prevention	Pupils know the importance of basic personal hygiene and understand how hand washing helps to prevent the spread of germs, bacteria and viruses.	Hygiene; Germs; Bacteria; Viruses
Health Education	Basic first aid	Pupils can explain what first aid is and why it is important.	First aid; Accident; Hurt; Illness