

# Relationships and health education learning questions for autumn and summer half-terms – Ealing Scheme of Work

## Autumn 1 Relationship and health education

Year group	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question	Who are we?	Who am I?	Who is there to help me?	What is a good friend?	How do we make our relationships safe and fair?	Why are respectful relationships important?	What are the consequences of unhealthy and unfair relationships?	How can I maintain healthy relationships?
Lesson 1	Who am I?	Who is in my class?	What is PSHE?	Why do we study PSHE?	What are the consequences of not studying PSHE?	What knowledge and skills have I learnt in PSHE and what more do I need to know?	How does PSHE help me now in the future?	How has PSHE helped me throughout primary school and beyond?
Lesson 2	Who is in my class?	Who is in my class?	Who is important to me? How do they help me?	What is a friend and how do I make friends?	What information do we share with friends, family, and professionals?	What does a respectful relationship look like and how does it make us feel?	What are the features of healthy and unhealthy relationships and how do they make us feel?	How do I prepare for Y6 and the changes to come?
Lesson 3	How do we make friends?	Who is in my family?	How are friends, family, and teachers different?	How can we be a good friend?	How do we recognise bullying and show empathy?	Why is empathy important in friendship?	What is peer pressure? What is consent?	How do I prepare for High School?
Lesson 4	What do we share?	What are feelings?	How does it feel to be cared for and what do I do if I don't feel safe?	What is bullying and how does our behaviour affect others?	What does it mean to be equal? What is prejudice and discrimination?	What are the impacts of prejudice and discrimination?	How are people discriminated against?	How do friendships change?
Lesson 5	What are feelings?	How can I understand my feelings?	How do I recognise feelings in myself and others?	Why does resilience matter in our relationships?	What is racism and what can I do about it?	How can I be an ally?	What is an upstander?	How do I manage pressure and set boundaries?

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## Autumn 2 Relationship and health education

Year group	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Termly Learning Question</b>	How do I look after my body? Part 1	What do I need to do to be healthy?	What things does a healthy person do?	What things make us healthy and what things might harm our bodies?	What are healthy habits and why are they important?	What action can I take to look after my health?	How do different parts of our bodies impact on our health?	How are our physical health and mental health connected?
<b>Lesson 1</b>	What are the different parts of my body?	Why is it important to be healthy?	How do I set goals?	What is physical health?	What does a person do to stay healthy?	Why is it important to eat a variety of food?	How much energy do I need?	How do I read food labels?
<b>Lesson 2</b>	What rules are there for my body? (PANTS)	What food should we eat more to be healthy?	How do I look after my teeth?	What is mental health?	Why is it important to stay hydrated?	What are Fibre and Nutrients?	What are the risks of not looking after our bodies?	How do I build good sleep routines?
<b>Lesson 3</b>	How do I keep my body clean? (hand washing/ sneezing)	What do we need to do to keep fit?	How do we stay healthy?	What are medicines and how do I use them safely?	What are healthy exercise habits?	How much sugar is unhealthy?	What does my brain really do?	What are the consequences of an unhealthy lifestyle?
<b>Lesson 4</b>	How do I go to the toilet safely?	What do we need to do to keep clean?	How do we get ready for good sleep?	What are unsafe substances such as drugs and alcohol?	What are healthy habits for our mind?	How does being online affect our health?	How are some people's brains different and what is neurodiversity?	How are our physical health and mental health connected?
<b>Lesson 5</b>	How do I keep my body healthy?	What else do we need to do to be healthy?	What should we eat to be healthy?	What are the dangers of smoking or vaping?	How does oral hygiene help my health?	How do I recognise and manage my feelings and emotions?	How are the mind and body connected?	What is self-esteem?

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## Summer 1 Relationship and health education

Year group	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Termly Learning Question</b>	How do I stay safe in different places? Part 2	How can I keep myself safe?	What is personal safety?	How does being safe make me feel?	How do I keep my body safe?	What changes happen as I grow up?	What can I expect during puberty?	How is my body preparing for adulthood?
<b>Lesson 1</b>	What is road safety?	What is the PANTS rule?	What is personal hygiene?	What happens when I sleep?	What are allergies?	What is a healthy brain and mind?	What helps our bodies and what harms our body? Medicines vs Drugs	What choices are there around substances as I grow up?
<b>Lesson 2</b>	What things keep me safe outdoors?	What is a good or bad touch?	How do I keep myself safe at home?	How can being online affect my health?	How do I manage other types of health issues?	What is the life cycle and how do we change?	What are hormones?	What is mental illness and addiction?
<b>Lesson 3</b>	How do I stay safe online?	How can I keep myself safe with my friends?	How do we keep safe outdoors?	What things do we need to make time for?	What body parts belong to me?	What physical changes happen as we grow up?	What physical changes happen in puberty?	Why does the body change during puberty?
<b>Lesson 4</b>	How do we look after the planet?	How can I keep myself safe around medicines?	What are different types of touch? Kind and Unkind, Safe and Unsafe	How do different types of touch make me feel?	How do I keep my body private? (PANTS)	What is the menstrual cycle?	What emotional and social changes happen during puberty?	How does our body change for reproduction? (S.E)
<b>Lesson 5</b>	What is charity?	How can I keep safe on the road?	Who keeps me safe?	What's the difference between risks, unsafe events, and emergencies?	How do different cultures celebrate growing up?	What is gender equality? Period Poverty Campaign	What happens after adolescence?	How do we stay healthy as we age? (Dementia)

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## Summer 2 Relationship and health education

Year group	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Termly Learning Question	Who is there for me?	Who is important to me?	What do we have in common?	How do I recognise risk?	Who is there to help me when I think there's a risk?	What can I do about risks?	How do we respond to change, risk, and harm?	How do relationships change as we grow up?
Lesson 1	What is the same and different about us?	What is the same and different about families?	What makes a family?	What does my family do for me?	How can families be different?	What makes a family unique? Understanding family history, culture, and values	How can families change?	How do we show love, care, and commitment to others?
Lesson 2	How is our family special?	How does my family make me feel?	What is the same and different about all of us?	What is the difference between a secret and surprise?	How do we manage pressure from friends? 'Doing dares'	What is the difference between a positive risk and dangerous behaviour?	How is an online relationship different to real life?	What pressure may we face online in our relationships as we grow up?
Lesson 3	What do I do if I get lost?	How do we keep ourselves and our families safe?	How can I treat others kindly?	How do I keep myself safe in familiar and unfamiliar places?	Who keeps me safe in different places?	What risks are there when I am in different places?	How do I identify risks in different places and how do I respond?	How can I help others in an emergency?
Lesson 4	How does change feel?	How would an emergency make you feel?	What happens if we treat people unkindly?	How do I help someone in need? (Basic First Aid)	How do I contact the emergency services?	How do I react when someone is hurt?	How can I save a life?	What will I take away from PSHE?
Lesson 5	How can I get ready for change?	What does 'to stereotype' mean?	What will I take away from PSHE?	What will I take away from PSHE?	What will I take away from PSHE?	What will I take away from PSHE?	What will I take away from PSHE?	What advice would I give to Year 6's?