

Primary								
Term			1: Families and People who care for me.	2: Caring Friendships.	3: Respectful Friendships.	4: Online Relationships.	5: Being Safe.	6: Body Awareness.
EYFS and Key Stage 1	Relationship Education	EYFS	My Family	My Class	All About Me	Using Technology	Class Rules	Likes and Dislike
		Y1	My Extended Family	Feelings and Emotions	All About You	Personal Information	School rules	My Body Parts
		Y2	My Friends Family	Sharing	Us: Same/Different/Similar	Online Rules	Me and my body	What My Body Needs
Term			1: Mental Wellbeing.	2: Healthy Eating.	3: Health and Prevention.	4: Internet Safety and Harms.	5: People who Help Us	6: Physical Health and Fitness
EYFS and Key Stage 1	Physical and Mental Health Education	EYFS	What makes me Happy	The 5 Senses	Hand washing	Using Technology	My Family	Action Songs
		Y1	What makes me Sad	The Needs of My Body	Catch it, Bin it, Kill it.	Personal Information	My School	Daily Dance
		Y2	Sharing Feelings	Likes/Dislikes, Food and Drink	Spots, Itches and Tummy Ache	Online Rules	My Community	Quick Think Fitness
Term			1: Families and People who care for me.	2: Caring Friendships.	3: Respectful Friendships.	4: Online Relationships.	5: Being Safe.	6: Body Awareness.
Key Stage 2	Relationship Education	Y3	Family Relationships	What makes a good friend	Manners and Respect	Online Gaming	My Community	What animals Need
		Y4	A happy Home	Healthy Relationships	Bullying	Friend or Foe	Friendly and too Friendly	Keeping Healthy – Exercise
		Y5	Other Families	Feelings and Emotions	My Community	CEOP	Who can help?	Diet and Healthy Foods



Boston Endeavour Academy Curriculum Roadmap for Primary Relationship Education and Health Education



		Y6	Family Commitment	Bullying	Celebrating Difference	Reality VS Fantasy	Privacy – Online and Offline	My Body Now
Term			1: Mental Wellbeing.	2: Healthy Eating.	3: Health and Prevention.	4: Internet Safety and Harms.	5: First Aid/ Changing Adolescent body.	6: Physical Health and Fitness
	Physical and Mental Health Education	Y3	My Behaviours	Fruit and Vegetables	Dentists and Doctors	Online Gaming	999 - Emergency	Mindfulness
		Y4	Teams and Triumphs	A Healthy Diet	Sleep and Exercise	Friend or Foe	First Aid	Fit or Fat
		Y5	Alone and Altogether	Preparing Healthy Foods	Seasons and Safety	CEOP	Puberty – Changes in Body	Teams and Triumphs
		Y6	The Good, The Bad and the Support	The Effects and Risks of Unhealthy Food	My Body – Keeping Clean	Reality VS Fantasy	Puberty – Changes in feelings	Effective Exercise and the Impact