Health Education Curriculum Map

January	February	March	April
Personal Hygiene	E-Safety / Online Safety	Healthy Lifestyles	Safety in the Home
1. Importance of washing – face washing / showering 2. Hand Washing 3. Dental Hygiene 4. As we get older Personal Hygiene – Changing Adolescent Bodies	5. Mental Health and Wellbeing 6. Mental Health and Wellbeing ***Half Term*** 1. Private Information - So safe/ Safer Adults	2. Healthy Eating 3. Healthy Eating 4. Importance of exercise 5. Importance of exercise 6. Safety in the home – dangers of electricity	6. Safety in the home – dangers of electricity (cont.) ***End of Term*** 1. Safety in the home – cleaning products 2. Road Safety
Events:	**Events:** Safer Internet Day Children's Mental Health Week Random Acts of Kindness Week, LGBTQ+ Month	**Events:** National Careers Week Sport Relief Week	**Events:** Stress Awareness Month World Health Day
May	**June**	**July**	**August**
My Body	Basic First Aid	Being Safe	British Values
3. Good touch Bad touch (let's talk pants) 4. So Safe / Safer Adults 5. Mental Health and Wellbeing 6. Mental Health and Wellbeing or Changing Adolescent Bodies	***Half Term*** 1. Medicine and Drug Safety 2. Basic First Aid – Bleeding / Cuts 3. Mental Wellbeing – Sleep 4. Mental Wellbeing – Exercise	5. Sun Safety 6. Water Safety 7. So Safe / Safer Adults ***End of Term*** 1. British Values – Rule of Law	2. British Values – Mutual Respect / Tolerance 3. British Values – Democracy 4. British Values – Individual Liberty ***Half Term***
Events: Mental Health Week	**Events:** Healthy Eating Week RSE Day Pride Month	**Events:** International Day of Friendship	**Events:** Dental Health Week
September	**October**	**November**	**December**
People who Help us	People who help us	Anti-Bullying / Road Safety / Fire Safety	Personal Hygiene
1. Police 2. Doctors/ Nurses / Paramedics 3. Dentist 4. Lifeguards / Coastguards 5. Teachers / At School	5. Teachers / At School cont.) 6. Hairdressers / Opticians 7. Fire Service 8. Fire Safety / Basic First Aid Burns ***Half Term***	1. Fire Safety 2. Anti-Bullying 3. Bullying/ Reporting Concerns 4. Road Safety	5. Dental Hygiene 6. Hand Washing 7. Importance of staying clean – face washing / showering ***End of Term***
Events: International First Aid Day International Democracy Day	**Events:** World Mental Health Day World Values Day	**Events:** World Kindness Day Road Safety Week (BRAKE) Anti-Bullying Week	**Events:**