

## Health Education Curriculum Map

<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>
Personal Hygiene	E-Safety / Online Safety	Healthy Lifestyles	Safety in the Home
<ol style="list-style-type: none"> <li>1. Importance of washing – face washing / showering</li> <li>2. Hand Washing</li> <li>3. Dental Hygiene</li> <li>4. As we get older Personal Hygiene – Changing Adolescent Bodies</li> </ol>	<ol style="list-style-type: none"> <li>5. Mental Health and Wellbeing</li> <li>6. Mental Health and Wellbeing</li> </ol> <p style="text-align: center;"><b>Half Term</b></p> <ol style="list-style-type: none"> <li>1. Private Information - So safe/ Safer Adults</li> </ol>	<ol style="list-style-type: none"> <li>2. Healthy Eating</li> <li>3. Healthy Eating</li> <li>4. Importance of exercise</li> <li>5. Importance of exercise</li> <li>6. Safety in the home – dangers of electricity</li> </ol>	<ol style="list-style-type: none"> <li>6. Safety in the home – dangers of electricity (cont.)</li> </ol> <p style="text-align: center;"><b>End of Term</b></p> <ol style="list-style-type: none"> <li>1. Safety in the home – cleaning products</li> <li>2. Road Safety</li> </ol>
<b>Events:</b>	<b>Events:</b> Safer Internet Day Children's Mental Health Week Random Acts of Kindness Week, LGBTQ+ Month	<b>Events:</b> National Careers Week Sport Relief Week	<b>Events:</b> Stress Awareness Month World Health Day
<b>May</b>	<b>June</b>	<b>July</b>	<b>August</b>
My Body	Basic First Aid	Being Safe	British Values
<ol style="list-style-type: none"> <li>3. Good touch Bad touch (let's talk pants)</li> <li>4. So Safe / Safer Adults</li> <li>5. Mental Health and Wellbeing</li> <li>6. Mental Health and Wellbeing or Changing Adolescent Bodies</li> </ol>	<p style="text-align: center;"><b>Half Term</b></p> <ol style="list-style-type: none"> <li>1. Medicine and Drug Safety</li> <li>2. Basic First Aid – Bleeding / Cuts</li> <li>3. Mental Wellbeing – Sleep</li> <li>4. Mental Wellbeing – Exercise</li> </ol>	<ol style="list-style-type: none"> <li>5. Sun Safety</li> <li>6. Water Safety</li> <li>7. So Safe / Safer Adults</li> </ol> <p style="text-align: center;"><b>End of Term</b></p> <ol style="list-style-type: none"> <li>1. British Values – Rule of Law</li> </ol>	<ol style="list-style-type: none"> <li>2. British Values – Mutual Respect / Tolerance</li> <li>3. British Values – Democracy</li> <li>4. British Values – Individual Liberty</li> </ol> <p style="text-align: center;"><b>Half Term</b></p>
<b>Events:</b> Mental Health Week	<b>Events:</b> Healthy Eating Week RSE Day Pride Month	<b>Events:</b> International Day of Friendship	<b>Events:</b> Dental Health Week
<b>September</b>	<b>October</b>	<b>November</b>	<b>December</b>
People who Help us	People who help us	Anti-Bullying / Road Safety / Fire Safety	Personal Hygiene
<ol style="list-style-type: none"> <li>1. Police</li> <li>2. Doctors/ Nurses / Paramedics</li> <li>3. Dentist</li> <li>4. Lifeguards / Coastguards</li> <li>5. Teachers / At School</li> </ol>	<ol style="list-style-type: none"> <li>5. Teachers / At School cont.)</li> <li>6. Hairdressers / Opticians</li> <li>7. Fire Service</li> <li>8. Fire Safety / Basic First Aid Burns</li> </ol> <p style="text-align: center;"><b>Half Term</b></p>	<ol style="list-style-type: none"> <li>1. Fire Safety</li> <li>2. Anti-Bullying</li> <li>3. Bullying/ Reporting Concerns</li> <li>4. Road Safety</li> </ol>	<ol style="list-style-type: none"> <li>5. Dental Hygiene</li> <li>6. Hand Washing</li> <li>7. Importance of staying clean – face washing / showering</li> </ol> <p style="text-align: center;"><b>End of Term</b></p>
<b>Events:</b> International First Aid Day International Democracy Day	<b>Events:</b> World Mental Health Day World Values Day	<b>Events:</b> World Kindness Day Road Safety Week (BRAKE) Anti-Bullying Week	<b>Events:</b>

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