

| EYFS | | | |
|--------------------------|------------------------|--|---|
| Module | Unit | New Content | RSHE Curriculum reference* |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know... how to talk about your body and your health? The first in a series of three Classroom Shorts throughout primary school, offering ways to talk about physical health and fitness, and signposting to appropriate support avenues. <i>(NB: Some content will be repeated across this series)</i> | GW 2: The importance of promoting general wellbeing and physical health. PHF 4: How and when to seek support including which adults to speak to in school if they are worried about their health. HPP 1: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. |
| Created to Love Others | Personal Relationships | New Classroom Short: Do you know... how to ask for help? The first in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i> | GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know... how to brush your teeth? The first in a series of two Classroom Shorts that will teach children about | HPP 4: About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist. |

| | | the importance of good oral hygiene, including how to brush your teeth and the importance of visiting the dentist. | |
|--------------------------|------------------------|---|---|
| Key Stage 1 | | | |
| Module | Unit | New Content | RSHE Curriculum reference* |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know... about healthy eating? This Short will teach children about the importance of a healthy diet, what makes a healthy or unhealthy diet and the risks that come with it. | HE 1: What constitutes a healthy diet (including understanding calories and other nutritional content). HE 3: The principles of planning and preparing a range of healthy meals. HE 4: The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know... how to talk about your body and your health? The second in a series of three Classroom Shorts throughout primary school, offering ways to talk about physical health and fitness, and signposting to appropriate support avenues. <i>(NB: Some content will be repeated across this series)</i> | GW 2: The importance of promoting general wellbeing and physical health. PHF 4: How and when to seek support including which adults to speak to in school if they are worried about their health. HPP 1: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. |
| Created to Love Others | Personal Relationships | New Classroom Short: Do you know... how to ask for help? | GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are |

| | | | |
|--------------------------|------------------------|--|--|
| | | The second in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i> | worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online). |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know... about the sun? This Short will teach children about how to keep themselves safe in the sun, and the risks associated with it. | HPP 2: About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know... how to be clean? The first in a series of two Classroom Shorts will teach children about the importance of personal hygiene, including how germs are spread and how to prevent them. | HPP 5: About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. |
| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know... about exercise? This Short will teach children about the benefits of, and how to build an active lifestyle. | PHF 1: The characteristics and mental and physical benefits of an active lifestyle. PHF 2: The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity. |

| Lower Key Stage Two | | | |
|--------------------------|------------------------|--|--|
| Module | Unit | New Content | RSHE Curriculum reference* |
| Created to Love Others | Personal Relationships | <p>New Session: Balancing Needs</p> <p>This session will help pupils understand how to balance their own needs with the needs of others — and why this can sometimes be challenging.</p> | <p>RKR 1: How to pay attention to the needs and preferences of others, including in families and friendships. Pupils should be encouraged to discuss how we balance the needs and wishes of different people in relationships and why this can be complicated.</p> <p>RKR 3: How to communicate effectively and manage conflict with kindness and respect; how to be assertive and express needs and boundaries; how to manage feelings, including disappointment and frustration.</p> |
| Created and Loved by God | Me, My Body, My Health | <p>New Classroom Short: Do you know... about food 'needs' and 'wants'?</p> <p>This Short will explore the difference between food needs and wants, and support pupils to develop a healthy, balanced relationship with food.</p> | HE 2: Understanding the importance of a healthy relationship with food. |
| Created and Loved by God | Emotional Wellbeing | <p>New Classroom Short: Loneliness</p> <p>This Short will address loneliness, help pupils recognise that feeling lonely is common, and encourage them to talk to trusted adults when they need support.</p> | CF 3: That not every child will have the friends they would like at all times, that most people feel lonely sometimes, and that there is no shame in feeling lonely or talking about it. |

| | | | |
|---------------------------------|-------------------------------|---|--|
| <p>Created and Loved by God</p> | <p>Me, My Body, My Health</p> | <p>New Classroom Short: Do you know... how to talk about your body and your health? The third in a series of three Classroom Shorts throughout primary school, offering ways to talk about physical health and fitness, and signposting to appropriate support avenues. <i>(NB: Some content will be repeated across this series)</i></p> | <p>GW 2: The importance of promoting general wellbeing and physical health. PHF 4: How and when to seek support including which adults to speak to in school if they are worried about their health. HPP 1: How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p> |
| <p>Created to Love Others</p> | <p>Personal Relationships</p> | <p>New Classroom Short: Do you know... how to ask for help? The third in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i></p> | <p>GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else’s mental wellbeing or ability to control their emotions (including issues arising online).</p> |
| <p>Created to Love Others</p> | <p>Keeping Safe</p> | <p>New Session: Recognising Risk This session will use roleplay to help children understand the importance of recognising and reducing risks to do with roads, railways, water and fire. Children will learn the relevant safety rules for each of these, as well as the importance of acting</p> | <p>PS 1: About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. PS 2: How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.</p> |

| | | | |
|--------------------------|------------------------|--|---|
| | | responsibly to ensure the safety of themselves and others. | |
| Created to Love Others | Keeping Safe | <p>New Classroom Short: Out and About: Fire This Short will help pupils recognise common fire risks in everyday settings and understand simple steps they can take to reduce risk and stay safe.</p> <p>NB. This classroom short is part of the Life to the Full Plus programme.</p> | PS 1: About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks. |
| Created and Loved by God | Me, My Body, My Health | <p>New Classroom Short: Do you know... about dental hygiene? The second in a series of two Classroom Shorts that will teach children about the importance of good oral hygiene, including how to brush your teeth and the importance of visiting the dentist.</p> | HPP 4: About dental health and the benefits of good oral hygiene, including brushing teeth twice a day with fluoride toothpaste, cleaning between teeth, and regular checkups at the dentist. |
| Created and Loved by God | Me, My Body, My Health | <p>New Classroom Short: Do you know ... about germs? The second in a series of two Classroom Shorts will teach children about the importance of personal hygiene, including how germs are spread and how to prevent them.</p> | HPP 5: About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. |

| Created and Loved by God | Me, My Body, My Health | New Classroom Short: Do you know ... how exercise impacts your body? This Short will teach children about the benefits of, and how to build an active lifestyle, as well as the risks associated with inactivity. | PHF 2: The importance of building regular physical activity into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, moderate and/or vigorous physical activity. PHF 3: The risks associated with an inactive lifestyle, including obesity. |
|----------------------------|------------------------|--|---|
| Upper Key Stage Two | | | |
| Module | Unit | New Content | RSHE Curriculum reference |
| Created to Love Others | Personal Relationships | New Session: Confidence vs Control This session will help pupils understand the difference between being confident and being controlling in relationships, and the importance of respecting our own and others' needs and boundaries. | RKR 4: Pupils should have opportunities to discuss the difference between being assertive and being controlling, and conversely the difference between being kind to other people and neglecting your own needs. |
| Created to Love Others | Personal Relationships | New Classroom Short: Do you know... how to ask for help? The final in a series of four Classroom Shorts throughout primary school, offering signposting to appropriate emotional and safeguarding support. <i>(NB: Some content will be repeated across this series)</i> | GW 9: Where and how to seek support (including recognising the triggers for seeking support), including who in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online) |

| | | | |
|---------------------------------|-------------------------------|---|--|
| <p>Created and Loved by God</p> | <p>Me, My Body, My Health</p> | <p>New Classroom Short: Do you know ... about sleep? This Short will teach children about the importance of good quality sleep, and the impact of poor sleep.</p> | <p>HPP 3: The importance of sufficient good quality sleep for health, the amount of sleep recommended for their age, and practical steps for improving sleep, such as not using screens in the bedroom. The impact of poor sleep on weight, mood and ability to learn.</p> |
| <p>Created and Loved by God</p> | <p>Me, My Body, My Health</p> | <p>New Classroom Short: Do you know ... about vaccinations? This Short will teach children about the facts regarding vaccinations and immunisation.</p> | <p>HPP 6: The facts and scientific evidence relating to vaccination and immunisation. The introduction of topics relating to vaccination and immunisation should be aligned with when vaccinations are offered to pupils.</p> |