

Health Education (Statutory) and Relationship and Sex Education (RSE) at Forest Lodge Academy

2025-2026 Curriculum Map

Health education starts with the benefits and importance of physical activity, good nutrition and sufficient sleep and supports pupils to develop emotional awareness. Schools should emphasise the relationships between physical health and mental health and the benefits of physical activity and time spent outdoors. The following information in the boxes below is taken from the Government guidance document entitled 'Relationship Education, Relationships and Sex Education (RSE) and Health Education July 2025'. A copy of this document is available on our school web site.

<p>Developing bodies</p> <p>Curriculum content:</p> <ol style="list-style-type: none"> About growth and other ways the body can change and develop, particularly during adolescence. This topic should include the human lifecycle, and puberty should be discussed as a stage in this process. The correct names of body parts, including the penis, vulva, vagina, testicles, scrotum, nipples. Pupils should understand that all of these parts of the body are private and have skills to understand and express their own boundaries around these body parts. The facts about the menstrual cycle, including physical and emotional changes, whilst the average age of the onset of menstruation is twelve, periods can start at eight, so covering this topic before girls' periods start will help them understand what to expect and avoid distress. 	<p>Sex Education (Primary)</p> <p>30. Sex education is not compulsory in primary schools, but we recommend that primaries teach sex education in years 5 and/or 6, in line with content about conception and birth, which forms part of the national curriculum for science. The national curriculum for science includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals. Schools may also cover human reproduction in the science curriculum, but where they do so, this should be in line with the factual description of conception in the science curriculum.</p> <p>31. Primary schools should consult parents about the content of anything that will be taught within sex education. This process should include offering parents support in talking to their children about sex education and how to link this with what is being taught in school as well as advice about parents' right to request withdrawal from sex education.</p>
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Science Curriculum (Statutory)

Safeguarding

Parent/carer right to withdraw pupils from these specific elements only as other elements fall into statutory Health or Relationship Education, statutory science or safeguarding.

Nursery/Reception		Year 1		Year 2	
Being me in my world	In Relationship Education	Being me in my world	In Relationship Education	Being me in my world	In Relationship Education
Celebrating difference	In Relationship Education	Celebrating difference	Bullying and associated emotions.	Celebrating difference	In Relationship Education
Dreams and goals	In Relationship Education	Dreams and goals	In Relationship Education	Dreams and goals	Keeping myself healthy and motivated to reach health goals. Relaxation and how to achieve it.
Healthy me	Exercise to keep body healthy. Moving and resting are good for a body.	Healthy me	Difference between being healthy and less healthy-healthy choices.	Healthy me	Sort food into correct food groups. What food bodies need to keep healthy?

	<p>Which foods are healthy and not so healthy and can make healthy eating choices.</p> <p>Helping self go to sleep and understanding why sleep is good for me.</p> <p>Washing hands-understanding importance especially before eating and after going to the toilet.</p> <p>Know who safe adults are and how to stay safe.</p>		<p>Keeping clean and healthy-how germs cause disease/illness.</p> <p>Household products being harmful if not used properly (including medicines).</p> <p>Medicines help me if I feel poorly-know how to use safely.</p> <p>Keeping safe crossing the road. People who can help me be safe.</p> <p>Why I think my body is amazing and identify ways to keep it safe and healthy.</p>		<p>Make some healthy snack and explain why good for my body.</p> <p>Recognise hazards in home, including fire risk and hot things and how to keep safe.</p> <p>Recognise risk and how to keep safe around roads, railways and water.</p> <p>Understand how medicines work in my body and hot important it is to use safely.</p> <p>Explain how to keep body healthy and safe at home and when I'm out.</p>
Relationships	In Relationship Education	Relationships	In Relationship Education	Relationships	In Relationship Education
Changing me	<p>Name parts of the body.</p> <p>Things I can do.</p> <p>Food I can eat to be healthy.</p> <p>Understanding we all grow from babies to adults.</p> <p>Express feelings about moving to Year 1.</p> <p>Talk about worries.</p> <p>Share memories of Reception.</p>	Changing me	<p>Understand life cycles of animals and humans.</p> <p>Things about me that have changed and stayed the same.</p> <p>How my body has changed since I was a baby.</p> <p>Identify parts of the body that makes boys different to girls and use the correct names for private body parts (Penis, testicles, vulva, anus).</p> <p>Understand every time I learn something new I change a little bit.</p> <p>Changes in my life.</p>	Changing me	<p>Recognise cycles in life in nature.</p> <p>Natural process of growing from young to old and understand that is not in my control.</p> <p>Recognise how body changed since I was a baby and where I am on the continuum from young to old.</p> <p>Recognise physical differences between boys and girls, use the correct names for body parts (penis, testicles, vulva, vagina, anus) and appreciate some body parts are private.</p> <p>Understand different types of touch and say which ones I like and do not like.</p> <p>Moving to next class.</p>
Year 3		Year 4		Year 5	
Being me in my world	<p>Making responsible choices and asking for help if needed.</p> <p>Rules needed and relation to responsibilities</p> <p>Make responsible choices and take actions</p>	Being me in my world	In Relationship Education	Being me in my world	In Relationship Education
Celebrating difference	<p>Hurtful words and consequences</p> <p>In Relationship Education.</p>	Celebrating difference	<p>Bullying-witness and actions.</p> <p>Why witnesses sometimes join in with bullying or do not tell-problem solving.</p>	Celebrating difference	<p>Rumour spreading and name-calling as bullying behaviours.</p> <p>Difference between direct and indirect bullying.</p>

Dreams and goals	In Relationship Education	Dreams and goals	In Relationship Education	Dreams and goals	In Relationship Education
Healthy me	<p>How exercise affect my body. Heart and lungs. Amount of calories, fat and sugar in bodies affect health. Knowledge and attitudes towards drugs. Identify things people and places to keep safe from and strategies. How to call emergency services. When something feels unsafe. How complex my body is and importance of taking care of it.</p>	Healthy me	<p>Recognising how different friendship group formed, how I fit into them and friends I value. Understand how peer influence can lead to unsafe choices including fire risks and risky behaviour. Know how to ask for help. Know some facts about effect of smoking and vaping on health and why some people might start to smoke or vape. Resisting pressure. Understand fact about alcohol, its effects on health particularly the liver and some of the reasons some people drink alcohol. Resisting pressure. Recognise when people putting me under pressure and can explain ways to resist this. Know myself well enough to have a clear picture of what I believe is right and wrong. Being assertive.</p>	Healthy me	<p>Know health risks associated with smoking and vaping and say ways harmful to the body. Resisting pressure. Know some of risks with misusing alcohol including anti-social behaviour and how it affects the liver and heart. Put into practice basic emergency aid procedures and how to get help in emergency situations. Understand how the media, social media and celebrity culture promotes certain body types. Accept and respect myself. Describe different attitudes people have to food and how these can be affected by external influences. Know what makes a healthy lifestyle including healthy eating and the choices to be happy and healthy.</p>
Relationships	<p>Understanding how people around the world help and influence my life and that media doesn't always show complete information.</p>	Relationships	<p>Understating we can remember people even if we no longer see them.</p>	Relationships	<p>Belonging to online community-positive and negative consequences. Rights and responsibilities of online community or social network and playing a game online-safety. Screen time-recognising when speeding too much time using devises. Staying safe when using technology to communicate with friends. Rights about personal data. Voicing right to say no.</p>
Changing me	<p>Understand that in animals and humans lots of changes happen from birth to fully grown and that in mammals it is the female who has the baby. Understand that boys and girls bodies need to change so that when they grow up their bodies can make babies.</p>	Changing me	<p>Understanding lots of things make up a person's identify-uniqueness. Describe how a girl's body changes in order for her to be able to have babies when she's an adult and that menstruation (having periods is a natural part of this. Know many types of family and there are trusted people I can turn to if help and support needed as I grow up and go through puberty.</p>	Changing me	<p>Aware of own self-image and how body image fits into that. Self-esteem. Explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally. Puberty as a natural process that happens to everybody. Describe how boys and girls bodies change during puberty. Express how I feel</p>

	<p>Identify how boys and girls bodies change on the outside during this growing up process. Identify how boys and girls bodies change on the inside during he growing up processes and can tell you why these changes are necessary so that their bodies can make babies when they grow up. Understand that as body's and girls bodies change at puberty they need to think more about keeping clean and healthy. Know some simple ways of keeping clean which can help me protect me from some infections. Can start to recognise stereotypical ideas I might have about parenting and family roles. Identify what I am looking forward to when I am moving to my next class.</p>		<p>Knowing how the circle of change works and apply to changes in life. Identify changes that have been outside of my control. Acceptance. What I'm looking forward to when I move to a new class.</p>		<p>about the changes that will happen during puberty. Identify what I am looking forward to about becoming a teenager and understanding growing responsibilities. Identify what looking forward to in new class.</p>
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Year 6	Additional Lessons, Assemblies and Activities focused on Health Education
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Being me in my world	In Relationship Education	<ul style="list-style-type: none"> • Healthy teeth and hygiene (NHS School Nursing Team) • Warning Zone (year 6) • First aid (Year 6) • Sleep assembly (NHS School Nursing Team) • Physical enrichment activities • Physical Education curriculum (all year groups) • Food curriculum • Kindness crew roles and responsibilities • Support groups in school • Eco Committee and work on environment • Forest School • On line safety week • Children's mental health week and mental health week work • British Values 'I really do matter' • Protected Characteristics (Talk assemblies and lessons across the curriculum)
Celebrating difference	Explaining ways one person or group can have power over another. Feelings of exclusion. Understanding bullying behaviours.	
Dreams and goals	In Relationship Education	
Healthy me	<p>Taking responsibility for health and making choices that benefit health and wellbeing. Know about different types of drugs and their uses, effects on the body especially liver and heart. Understand some people can be exploited and made to do things that are against the law.</p>	

	<p>Know why some people join gangs and risks this involves. Understand what it means to be emotionally well and explore attitudes toward mental health and mental illness. Recognise stress and triggers that cause this and understand how stress can cause drug and alcohol misuse.</p>	<ul style="list-style-type: none"> • Global Citizenship (in PSHE lessons and across the curriculum) • School council LEAD Academy enrichment events • Sports events and clubs
Relationships	<p>Different stages of grief and different types of loss. Recognising emotions and strategies to manage. Recognise when people trying to gain power or control. Standing up for myself. Judging whether something online is safe and helpful to me. Resisting pressure that could be hurtful.</p>	
Changing me	<p>Aware of own self-image and how my body image fits into that. Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand someone's people have help from doctors to have a baby. Describe how a baby develops from conception through the nine months of pregnancy and how it is born. Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a boyfriend/girlfriend. Respect and not feeling pressure.</p>	

	<p>Knowing self well enough to maintain positive relationships with others whilst still keeping my own identity. Being assertive when appropriate.</p> <p>Aware of the importance of positive self-esteem and what I can do to develop it. Self-image and how to challenge negative 'body talk'.</p> <p>Identify what I am looking forward to and worries about transition to secondary school.</p>	
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