

2026 RHE Objectives: Twinkl PSHE Curriculum Overview

The Relationships Education, Relationships and Sex Education (RSE) and Health Education [objectives](#) were updated in July 2025, becoming statutory in September 2026. This coverage map demonstrates where each objective is covered within the Twinkl Life PSHE scheme of work. Lessons listed demonstrate some coverage of the specified objective and lessons written in **bold** show where more detailed coverage of the objective can be found. Every objective is covered within the scheme so using the whole scheme will ensure each objective has been taught. For ease of reference, we have provided a short code for each topic within the objective framework:

Relationships Objectives

RF	Families and People Who Care for Me
RC	Caring Friendships
RK	Respectful, Kind Relationships
RO	Online Safety and Awareness
RS	Being Safe

Health Objectives

HW	General Wellbeing
HO	Wellbeing Online
HF	Physical Health and Fitness
HE	Healthy Eating
HD	Drugs, Alcohol, Tobacco and Vaping
HP	Health Protection and Prevention
HS	Personal Safety
HA	Basic First Aid
HB	Developing Bodies



RHE 2026 Objective

By the end of primary school, pupils should know:

Relationships		KS1 Lesson Coverage	LKS2 Lesson Coverage	UKS2 Lesson Coverage
Families and People Who Care for Me				
RF1	That families are important for children growing up safe and happy because they can provide love, security and stability.	KS1 Be Yourself Lesson 5 KS1 Growing Up Lesson 4 KS1 One World Lesson 1 KS1 One World Lesson 2 KS1 One World Lesson 4 KS1 Safety First Lesson 6 KS1 TEAM Lesson 1 KS1 Think Positive Lesson 5 KS1 VIPs Lesson 1 KS1 VIPs Lesson 2 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 2 LKS2 Think Positive Lesson 1 LKS2 VIPs Lesson 1	UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 TEAM Lesson 4 UKS2 VIPs Lesson 1
RF2	The characteristics of safe and happy family life, such as commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.	KS1 One World Lesson 1 KS1 One World Lesson 2 KS1 One World Lesson 4 KS1 TEAM Lesson 1 KS1 TEAM Lesson 2 KS1 TEAM Lesson 3 KS1 Think Positive Lesson 4 KS1 Think Positive Lesson 5 KS1 VIPs Lesson 1 KS1 VIPs Lesson 2 KS1 VIPs Lesson 6	LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 2 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 5 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 6	UKS2 TEAM Lesson 5 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 5 UKS2 VIPs Lesson 6
RF3	That the families of other children, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	KS1 Growing Up Lesson 4 KS1 One World Lesson 1 KS1 One World Lesson 2 KS1 TEAM Lesson 1 KS1 VIPs Lesson 1 KS1 VIPs Lesson 2	LKS2 Diverse Britain Lesson 1 LKS2 Growing Up Lesson 5	UKS2 Growing Up Lesson 4 UKS2 Growing Up Lesson 6 UKS2 VIPs Lesson 1

RF4	That stable, caring relationships are at the heart of safe and happy families and are important for children's security as they grow up.	KS1 Growing Up Lesson 4 KS1 One World Lesson 1 KS1 One World Lesson 2 KS1 VIPs Lesson 1 KS1 VIPs Lesson 2 KS1 VIPs Lesson 6	LKS2 VIPs Lesson 1	UKS2 Growing Up Lesson 4 UKS2 VIPs Lesson 1
RF5	That marriage and civil partnerships represent a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	KS1 Growing Up Lesson 5	LKS2 Growing Up Lesson 5	UKS2 Growing Up Lesson 4 UKS2 VIPs Lesson 1
RF6	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	KS1 Growing Up Lesson 4 KS1 It's My Body Lesson 1 KS1 VIPs Lesson 2	LKS2 It's My Body Lesson 1 LKS2 Safety First Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 3	UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 5 UKS2 VIPs Lesson 6
Caring Friendships				
RC1	How important friendships are in making us feel happy and secure, and how people choose and make friends.	KS1 Digital Wellbeing Lesson 2 KS1 Diverse Britain Lesson 1 KS1 Growing Up Lesson 6 KS1 TEAM Lesson 1 KS1 TEAM Lesson 3 KS1 VIPs Lesson 1 KS1 VIPs Lesson 3 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 3 LKS2 Be Yourself Lesson 6 LKS2 Think Positive Lesson 1 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 2 LKS2 VIPs Lesson 3	UKS2 Be Yourself Lesson 1 UKS2 Be Yourself Lesson 4 UKS2 TEAM Lesson 4 UKS2 VIPs Lesson 1
RC2	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. Pupils should learn skills for developing caring, kind friendships.	KS1 Digital Wellbeing Lesson 5 KS1 TEAM Lesson 3 KS1 VIPs Lesson 3 KS1 VIPs Lesson 6	LKS2 TEAM Lesson 5 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 2 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4	UKS2 Be Yourself Lesson 1 UKS2 TEAM Lesson 2 UKS2 TEAM Lesson 4 UKS2 TEAM Lesson 5 UKS2 VIPs Lesson 6
RC3	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.	KS1 Be Yourself Lesson 2 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 3 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 3 LKS2 Digital Wellbeing Lesson 6 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 4	UKS2 TEAM Lesson 4 UKS2 Think Positive Lesson 3 UKS2 VIPs Lesson 6

RC4	The characteristics of friendships that lead to happiness and security, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.	KS1 Digital Wellbeing Lesson 5 KS1 TEAM Lesson 1 KS1 TEAM Lesson 2 KS1 TEAM Lesson 3 KS1 VIPs Lesson 1 KS1 VIPs Lesson 3 KS1 VIPs Lesson 4 KS1 VIPs Lesson 5 KS1 VIPs Lesson 6	LKS2 Digital Wellbeing Lesson 2 LKS2 TEAM Lesson 2 LKS2 Think Positive Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 2 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4	UKS2 Digital Wellbeing Lesson 3 UKS2 TEAM Lesson 2 UKS2 TEAM Lesson 3 UKS2 TEAM Lesson 4 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 2 UKS2 VIPs Lesson 3
RC5	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened.	KS1 Be Yourself Lesson 6 KS1 VIPs Lesson 3 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 6 LKS2 TEAM Lesson 5 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 2 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4	UKS2 TEAM Lesson 3 UKS2 VIPs Lesson 3
RC6	How to manage conflict, and that resorting to violence is never right.	KS1 It's My Body Lesson 1 KS1 TEAM Lesson 4 KS1 VIPs Lesson 3 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 4 LKS2 Safety First Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4 LKS2 VIPs Lesson 5	UKS2 Be Yourself Lesson 5 UKS2 Safety First Lesson 2 UKS2 Safety First Lesson 3 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 6 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5
RC7	How to recognise when a friendship is making them feel unhappy or uncomfortable, and how to get support when needed.	KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 2 KS1 It's My Body Lesson 1 KS1 Safety First Lesson 1 KS1 Safety First Lesson 5 KS1 TEAM Lesson 4 KS1 VIPs Lesson 3 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 4 LKS2 Be Yourself Lesson 5 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 6 LKS2 It's My Body Lesson 1 LKS2 Safety First Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 5	UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 4 UKS2 Safety First Lesson 2 UKS2 Safety First Lesson 3 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 5 UKS2 VIPs Lesson 6

Respectful, Kind Relationships				
RK1	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.	KS1 VIPs Lesson 2 KS1 VIPs Lesson 3	LKS2 VIPs Lesson 2 LKS2 VIPs Lesson 3	UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 3 UKS2 VIPs Lesson 6
RK2	The importance of setting and respecting healthy boundaries in relationships with friends, family, peers and adults.	KS1 VIPs Lesson 3 KS1 VIPs Lesson 4	LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 3	UKS2 VIPs Lesson 6
RK3	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.	KS1 Be Yourself Lesson 6 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 3 LKS2 TEAM Lesson 5 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4	UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 4 UKS2 TEAM Lesson 2 UKS2 VIPs Lesson 3 UKS2 VIPs Lesson 4
RK4	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.	KS1 Be Yourself Lesson 6 KS1 TEAM Lesson 3	LKS2 Be Yourself Lesson 4 LKS2 VIPs Lesson 3	UKS2 Be Yourself Lesson 2 UKS2 TEAM Lesson 2 UKS2 VIPs Lesson 6
RK5	That they can expect to be treated with respect by others, and the importance of respecting others, including those who are different (for example, physically, in character, personality or backgrounds), or make different choices, or have different preferences or beliefs.	KS1 Be Yourself Lesson 1 KS1 Be Yourself Lesson 6 KS1 Diverse Britain Lesson 1 KS1 Diverse Britain Lesson 4 KS1 Diverse Britain Lesson 5 KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 3 KS1 Growing Up Lesson 4 KS1 Money Matters Lesson 5 KS1 Money Matters Lesson 6 KS1 One World Lesson 1 KS1 One World Lesson 2 KS1 One World Lesson 3 KS1 One World Lesson 4 KS1 TEAM Lesson 1 KS1 TEAM Lesson 2 KS1 TEAM Lesson 3 KS1 VIPs Lesson 4	LKS2 Aiming High Lesson 6 LKS2 Be Yourself Lesson 1 LKS2 Be Yourself Lesson 4 LKS2 Be Yourself Lesson 5 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 6 LKS2 Diverse Britain Lesson 1 LKS2 Diverse Britain Lesson 5 LKS2 Growing Up Lesson 5 LKS2 Money Matters Lesson 2 LKS2 Money Matters Lesson 3 LKS2 Money Matters Lesson 5 LKS2 Money Matters Lesson 6 LKS2 One World Lesson 1 LKS2 One World Lesson 2 LKS2 One World Lesson 3 LKS2 One World Lesson 4 LKS2 One World Lesson 6	UKS2 Aiming High Lesson 1 UKS2 Aiming High Lesson 2 UKS2 Aiming High Lesson 4 UKS2 Be Yourself Lesson 1 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Diverse Britain Lesson 1 UKS2 Growing Up Lesson 3 UKS2 Growing Up Lesson 4 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 5 UKS2 Money Matters Lesson 1 UKS2 Money Matters Lesson 3 UKS2 Money Matters Lesson 4 UKS2 Money Matters Lesson 5 UKS2 TEAM Lesson 1 UKS2 TEAM Lesson 2 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 3

RK6	Practical steps they can take and skills they can develop in a range of different contexts to improve or support their relationships.	KS1 Be Yourself Lesson 1 KS1 Be Yourself Lesson 6 KS1 Diverse Britain Lesson 1 KS1 Diverse Britain Lesson 5 KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 3 KS1 Growing Up Lesson 4 KS1 Money Matters Lesson 6 KS1 One World Lesson 1 KS1 One World Lesson 2 KS1 One World Lesson 4 KS1 TEAM Lesson 1 KS1 TEAM Lesson 2 KS1 TEAM Lesson 3 KS1 TEAM Lesson 6 KS1 VIPs Lesson 4 KS1 VIPs Lesson 5 KS1 VIPs Lesson 6	LKS2 Aiming High Lesson 6 LKS2 Be Yourself Lesson 1 LKS2 Be Yourself Lesson 4 LKS2 Be Yourself Lesson 5 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 6 LKS2 Diverse Britain Lesson 5 LKS2 Growing Up Lesson 5 LKS2 TEAM Lesson 2 LKS2 TEAM Lesson 3 LKS2 TEAM Lesson 4 LKS2 TEAM Lesson 5 LKS2 TEAM Lesson 6 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4	UKS2 Be Yourself Lesson 1 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Diverse Britain Lesson 1 UKS2 Growing Up Lesson 3 UKS2 Growing Up Lesson 4 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 4 UKS2 It's My Body Lesson 5 UKS2 Money Matters Lesson 4 UKS2 One World Lesson 1 UKS2 TEAM Lesson 2 UKS2 TEAM Lesson 3 UKS2 TEAM Lesson 4 UKS2 TEAM Lesson 6 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 2 UKS2 VIPs Lesson 3
RK7	The conventions of courtesy and manners.	KS1 Be Yourself Lesson 6 KS1 Diverse Britain Lesson 1 KS1 Diverse Britain Lesson 2 KS1 TEAM Lesson 2 KS1 TEAM Lesson 3		UKS2 Be Yourself Lesson 1 UKS2 Be Yourself Lesson 6
RK8	The importance of self-respect and how this links to their own happiness. Pupils should have opportunities to think about how they foster their own self-esteem and build a strong sense of their own identity, including through developing skills and interests.	KS1 Aiming High Lesson 1 KS1 Aiming High Lesson 2 KS1 Aiming High Lesson 3 KS1 Aiming High Lesson 5 KS1 Aiming High Lesson 6 KS1 Be Yourself Lesson 1 KS1 Be Yourself Lesson 3 KS1 Growing Up Lesson 2 KS1 Safety First Lesson 5 KS1 TEAM Lesson 2 KS1 TEAM Lesson 5 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 2 KS1 Think Positive Lesson 3	LKS2 Aiming High Lesson 1 LKS2 Aiming High Lesson 2 LKS2 Aiming High Lesson 3 LKS2 Aiming High Lesson 4 LKS2 Aiming High Lesson 5 LKS2 Aiming High Lesson 6 LKS2 Be Yourself Lesson 1 LKS2 Safety First Lesson 3 LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 5 LKS2 TEAM Lesson 6 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 2 LKS2 Think Positive Lesson 6	UKS2 Aiming High Lesson 1 UKS2 Aiming High Lesson 2 UKS2 Aiming High Lesson 3 UKS2 Aiming High Lesson 5 UKS2 Aiming High Lesson 6 UKS2 Be Yourself Lesson 1 UKS2 Be Yourself Lesson 6 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Growing Up Lesson 3 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 5 UKS2 Safety First Lesson 3 UKS2 TEAM Lesson 4

		KS1 Think Positive Lesson 4 KS1 Think Positive Lesson 6 KS1 VIPs Lesson 3 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 VIPs Lesson 3	UKS2 Think Positive Lesson 1 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 5 UKS2 Think Positive Lesson 6 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 6
RK9	The different types of bullying (including online bullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult), and how to get help.	KS1 TEAM Lesson 4 KS1 VIPs Lesson 4	LKS2 Digital Wellbeing Lesson 2 LKS2 VIPs Lesson 5 LKS2 VIPs Lesson 6	UKS2 TEAM Lesson 5 UKS2 Diverse Britain Lesson 4 UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5
RK10	What a stereotype is, how stereotypes can be unfair, negative, destructive or lead to bullying and how to challenge a stereotype.	KS1 Aiming High Lesson 4 KS1 Growing Up Lesson 3	LKS2 Aiming High Lesson 5 LKS2 Diverse Britain Lesson 4 LKS2 Diverse Britain Lesson 5 LKS2 One World Lesson 2 LKS2 VIPs Lesson 5 LKS2 VIPs Lesson 6	UKS2 Aiming High Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Diverse Britain Lesson 4 UKS2 Growing Up Lesson 3 UKS2 It's My Body Lesson 5 UKS2 TEAM Lesson 5
RK11	How to seek help when needed, including when they are concerned about violence, harm, or when they are unsure who to trust.	KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 2 KS1 It's My Body Lesson 1 KS1 It's My Body Lesson 5 KS1 Safety First Lesson 1 KS1 Safety First Lesson 3 KS1 Safety First Lesson 4 KS1 Safety First Lesson 5 KS1 Safety First Lesson 6 KS1 VIPs Lesson 2	LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 5 LKS2 It's My Body Lesson 1 LKS2 It's My Body Lesson 5 LKS2 Safety First Lesson 3 LKS2 VIPs Lesson 3	UKS2 Be Yourself Lesson 5 UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 It's My Body Lesson 1 UKS2 Safety First Lesson 2 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 5

Online Safety and Awareness				
RO1	That people should be respectful in online interactions, and that the same principles apply to online relationships as to face-to-face relationships, including where people are anonymous. For example, the importance of avoiding putting pressure on others to share information and images online, and strategies for resisting peer pressure.	KS1 Digital Wellbeing Lesson 5	LKS2 Be Yourself Lesson 5 LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6 LKS2 Safety First Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 5	UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6 UKS2 VIPs Lesson 1
RO2	How to critically evaluate their online relationships and sources of information, including awareness of the risks associated with people they have never met. For example, that people sometimes behave differently online, including pretending to be someone else, or pretending to be a child, and that this can lead to dangerous situations. How to recognise harmful content or harmful contact, and how to report this.	KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4 KS1 Digital Wellbeing Lesson 6	LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 5	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6
RO3	That there is a minimum age for joining social media sites (currently 13), which protects children from inappropriate content or unsafe contact with older social media users, who may be strangers, including other children and adults.	KS1 Safety First Lesson 1 KS1 Digital Wellbeing Lesson 3	LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 4
RO4	The importance of exercising caution about sharing any information about themselves online. Understanding the importance of privacy and location settings to protect information online.	KS1 Digital Wellbeing Lesson 4	LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 5	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 4
RO5	Online risks, including that any material provided online might be circulated, and that once a picture or words has been circulated there is no way of deleting it everywhere and no control over where it ends up.	KS1 Digital Wellbeing Lesson 3	LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 4
RO6	That the internet contains a lot of content that can be inappropriate and upsetting for children, and where to go for advice and support when they feel worried or concerned about something they have seen or engaged with online.	KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4	LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4
Being Safe				
RS1	What sorts of boundaries are appropriate in friendships with peers and others (including online). This can include learning about boundaries in play and in negotiations about space, toys, books, resources etc.	KS1 Be Yourself Lesson 6 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 2 KS1 It's My Body Lesson 1 KS1 It's My Body Lesson 6 KS1 Safety First Lesson 1 KS1 Safety First Lesson 4 KS1 Safety First Lesson 5	LKS2 Digital Wellbeing Lesson 6 LKS2 It's My Body Lesson 1 LKS2 VIPs Lesson 3	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 4 UKS2 Safety First Lesson 2 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 6

RS2	The concept of privacy and its implications for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	KS1 Growing Up Lesson 1 KS1 It's My Body Lesson 1 KS1 Safety First Lesson 5	LKS2 Digital Wellbeing Lesson 5 LKS2 It's My Body Lesson 1 LKS2 VIPs Lesson 3	UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Growing Up Lesson 1 UKS2 It's My Body Lesson 1 UKS2 VIPs Lesson 5 UKS2 VIPs Lesson 6
RS3	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe contact, including physical contact.	KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 4 KS1 It's My Body Lesson 1 KS1 It's My Body Lesson 6 KS1 Safety First Lesson 5	LKS2 It's My Body Lesson 1 LKS2 Safety First Lesson 1 LKS2 VIPs Lesson 3	UKS2 Digital Wellbeing Lesson 3 UKS2 Growing Up Lesson 1 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 4 UKS2 It's My Body Lesson 6
RS4	How to respond safely and appropriately to adults they may encounter (in all contexts, including online), including those they do and do not know.	KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Safety First Lesson 1 KS1 Safety First Lesson 3 KS1 Safety First Lesson 4 KS1 Safety First Lesson 5 KS1 Safety First Lesson 6 KS1 VIPs Lesson 2	LKS2 Digital Wellbeing Lesson 3 LKS2 Safety First Lesson 2 LKS2 VIPs Lesson 3	UKS2 Digital Wellbeing Lesson 3 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 5
RS5	How to recognise when a relationship is harmful or dangerous, including skills for recognising who to trust and who not to trust.	KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 4 KS1 It's My Body Lesson 1 KS1 Safety First Lesson 1 KS1 Safety First Lesson 4 KS1 Safety First Lesson 5 KS1 VIPs Lesson 2	LKS2 Digital Wellbeing Lesson 3 LKS2 It's My Body Lesson 1 LKS2 Safety First Lesson 1 LKS2 Safety First Lesson 3 LKS2 VIPs Lesson 3	UKS2 Be Yourself Lesson 5 UKS2 Digital Wellbeing Lesson 3 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 Safety First Lesson 2 UKS2 Safety First Lesson 3 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 5 UKS2 VIPs Lesson 6
RS6	How to report abuse, concerns about something seen online or experienced in real life, or feelings of being unsafe or feeling bad about any adult and the vocabulary and confidence needed to do so.	KS1 Growing Up Lesson 2 KS1 It's My Body Lesson 1 KS1 Safety First Lesson 5 KS1 VIPs Lesson 2	LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 It's My Body Lesson 1 LKS2 Safety First Lesson 1 LKS2 Safety First Lesson 3	UKS2 Be Yourself Lesson 5 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 It's My Body Lesson 1

RS7	How to ask for advice or help for themselves or others, and to keep trying until they are heard. Where to get advice e.g. family, school and/or other sources.	KKS1 Be Yourself Lesson 2 KS1 Be Yourself Lesson 5 KS1 Be Yourself Lesson 6 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 6 KS1 It's My Body Lesson 5 KS1 Safety First Lesson 1 KS1 Safety First Lesson 2 KS1 Safety First Lesson 3 KS1 Safety First Lesson 4 KS1 Safety First Lesson 5 KS1 TEAM Lesson 4 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 2	LKS2 Digital Wellbeing Lesson 5 LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 5 LKS2 Safety First Lesson 1 LKS2 Safety First Lesson 2 LKS2 Safety First Lesson 3 LKS2 VIPs Lesson 3	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 6 UKS2 Safety First Lesson 2 UKS2 VIPs Lesson 4 UKS2 VIPs Lesson 5
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Health		KS1 Lesson Coverage	LKS2 Lesson Coverage	UKS2 Lesson Coverage
General Wellbeing				
HW1	The benefits of physical activity, time outdoors, and helping others for health, wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, as well as hobbies, interests and community participation.	KS1 Be Yourself Lesson 1 KS1 Be Yourself Lesson 3 KS1 Be Yourself Lesson 4 KS1 Be Yourself Lesson 5 KS1 Diverse Britain Lesson 1 KS1 Diverse Britain Lesson 2 KS1 It's My Body Lesson 2 KS1 It's My Body Lesson 3 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 1 KS1 TEAM Lesson 3 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 2 KS1 Think Positive Lesson 6 KS1 VIPs Lesson 3 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6 KS1 Digital Wellbeing Lesson 2	LKS2 Digital Wellbeing Lesson 1 LKS2 Growing Up Lesson 4 LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 3 LKS2 It's My Body Lesson 6 LKS2 TEAM Lesson 1 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 4 LKS2 Think Positive Lesson 5 LKS2 VIPs Lesson 2 LKS2 VIPs Lesson 6	UKS2 Diverse Britain Lesson 2 UKS2 Diverse Britain Lesson 6 UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 TEAM Lesson 4 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 5 UKS2 Think Positive Lesson 6 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 2
HW2	The importance of promoting general wellbeing and physical health.	KS1 Diverse Britain Lesson 1 KS1 It's My Body Lesson 2 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 3 KS1 TEAM Lesson 5 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 2 KS1 Think Positive Lesson 3 KS1 Think Positive Lesson 4 KS1 Think Positive Lesson 5 KS1 Think Positive Lesson 6 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 6 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 2 LKS2 Think Positive Lesson 4 LKS2 Think Positive Lesson 5 LKS2 Think Positive Lesson 6	UKS2 Be Yourself Lesson 3 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 Think Positive Lesson 1 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 3 UKS2 Think Positive Lesson 5 UKS2 Think Positive Lesson 6

HW3	The range and scale of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) that they might experience in different situations. Pupils should understand that worrying and feeling down are normal, affect everyone at different times, and are not in themselves a sign of a mental health condition.	KS1 Aiming High Lesson 6 KS1 Be Yourself Lesson 2 KS1 Be Yourself Lesson 3 KS1 Be Yourself Lesson 4 KS1 Be Yourself Lesson 5 KS1 Be Yourself Lesson 6 KS1 Digital Wellbeing Lesson 2 KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 4 KS1 Growing Up Lesson 6 KS1 It's My Body Lesson 6 KS1 Safety First Lesson 1 KS1 TEAM Lesson 5 KS1 TEAM Lesson 6 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 1 LKS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 Be Yourself Lesson 4 LKS2 Be Yourself Lesson 5 LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 6 LKS2 Growing Up Lesson 4 LKS2 It's My Body Lesson 1 LKS2 Money Matters Lesson 3 LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 4 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 2 LKS2 Think Positive Lesson 3 LKS2 VIPs Lesson 1 LKS2 VIPs Lesson 3 LKS2 VIPs Lesson 4	UKS2 Be Yourself Lesson 1 UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Be Yourself Lesson 6 UKS2 Growing Up Lesson 1 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 2 UKS2 TEAM Lesson 2 UKS2 TEAM Lesson 4 UKS2 Think Positive Lesson 1 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 3 UKS2 Think Positive Lesson 6 UKS2 VIPs Lesson 2 UKS2 VIPs Lesson 3
HW4	How to recognise feelings and use varied vocabulary to talk about their own and others' feelings.	KS1 Be Yourself Lesson 2 KS1 Be Yourself Lesson 3 KS1 Be Yourself Lesson 4 KS1 Growing Up Lesson 2 KS1 Growing Up Lesson 6 KS1 It's My Body Lesson 6 KS1 Safety First Lesson 5 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 2	KS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 Digital Wellbeing Lesson 6 LKS2 Growing Up Lesson 4 LKS2 It's My Body Lesson 1 LKS2 Safety First Lesson 3 LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 4 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 5	UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 4 UKS2 It's My Body Lesson 1 UKS2 TEAM Lesson 4 UKS2 Think Positive Lesson 1 UKS2 Think Positive Lesson 2 UKS2 Think Positive Lesson 3 UKS2 VIPs Lesson 2

HW5	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	KS1 Be Yourself Lesson 6 KS1 Digital Wellbeing Lesson 5 KS1 Diverse Britain Lesson 1 KS1 Diverse Britain Lesson 2 KS1 Diverse Britain Lesson 3 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 5 KS1 TEAM Lesson 6 KS1 Think Positive Lesson 1 KS1 Think Positive Lesson 2 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 1 LKS2 Be Yourself Lesson 3 LKS2 Be Yourself Lesson 4 LKS2 Be Yourself Lesson 5 LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 It's My Body Lesson 1 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 2 LKS2 Think Positive Lesson 4 LKS2 Think Positive Lesson 5	UKS2 Be Yourself Lesson 1 UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Be Yourself Lesson 6 UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 1 UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 4 UKS2 Think Positive Lesson 3 UKS2 Think Positive Lesson 4 UKS2 VIPs Lesson 2
HW6	That isolation and loneliness can affect children, and the benefits of seeking support.	KS1 Be Yourself Lesson 2 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 3 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 2 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 6 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 5	UKS2 TEAM Lesson 4 UKS2 TEAM Lesson 5 UKS2 Think Positive Lesson 3
HW7	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing and how to seek help for themselves or others.	KS1 Digital Wellbeing Lesson 5 KS1 TEAM Lesson 4 KS1 VIPs Lesson 4	LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 6 LKS2 VIPs Lesson 5 LKS2 VIPs Lesson 6	UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 TEAM Lesson 5 UKS2 VIPs Lesson 6
HW8	That change and loss, including bereavement, can provoke a range of feelings, that grief is a natural response to bereavement, and that everyone grieves differently.	KS1 Aiming High Lesson 6 KS1 Growing Up Lesson 6	LKS2 Be Yourself Lesson 2 LKS2 Think Positive Lesson 5	UKS2 Be Yourself Lesson 2

HW9	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).	KS1 Be Yourself Lesson 2 KS1 Be Yourself Lesson 3 KS1 Be Yourself Lesson 4 KS1 Be Yourself Lesson 5 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Growing Up Lesson 4 KS1 Growing Up Lesson 6 KS1 It's My Body Lesson 1 KS1 It's My Body Lesson 6 KS1 TEAM Lesson 4 KS1 Think Positive Lesson 4 KS1 VIPs Lesson 4 KS1 VIPs Lesson 6	LKS2 Be Yourself Lesson 2 LKS2 Be Yourself Lesson 3 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6 LKS2 Safety First Lesson 1 LKS2 TEAM Lesson 1 LKS2 TEAM Lesson 5 LKS2 Think Positive Lesson 3 LKS2 Think Positive Lesson 5 LKS2 VIPs Lesson 5 LKS2 VIPs Lesson 6	UKS2 Be Yourself Lesson 2 UKS2 Be Yourself Lesson 3 UKS2 Be Yourself Lesson 4 UKS2 Be Yourself Lesson 5 UKS2 Digital Wellbeing Lesson 5 UKS2 TEAM Lesson 4 UKS2 TEAM Lesson 5 UKS2 Think Positive Lesson 3
HW10	That it is common to experience mental health problems, and early support can help.	KS1 Think Positive Lesson 4	LKS2 Be Yourself Lesson 3 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 5	UKS2 Think Positive Lesson 3
Wellbeing Online				
HO1	That for almost everyone the internet is an integral part of life. Pupils should be supported to think about positive and negative aspects of the internet.	KS1 Digital Wellbeing Lesson 1 KS1 Digital Wellbeing Lesson 2 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4 KS1 Digital Wellbeing Lesson 5 KS1 Digital Wellbeing Lesson 6	LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6
HO2	Pupils should be supported to discuss how online relationships can complement and support meaningful in-person relationships, but also how they might be in tension, and the reasons why online relationships are unlikely to be a good substitute for high quality in-person relationships, looking at the pros and cons of different ways of using online connection.	KS1 Digital Wellbeing Lesson 5	LKS2 Digital Wellbeing Lesson 1	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 3 UKS2 VIPs Lesson 3
HO3	The benefits of limiting time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.	KS1 Digital Wellbeing Lesson 2 KS1 It's My Body Lesson 2 KS1 It's My Body Lesson 6 KS1 Think Positive Lesson 2	LKS2 Digital Wellbeing Lesson 1	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 4 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6

HO4	How to consider the impact of their online behaviour on others, and how to recognise and display respectful behaviour online.	KS1 Digital Wellbeing Lesson 1 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4 KS1 Digital Wellbeing Lesson 5 KS1 TEAM Lesson 4	LKS2 Be Yourself Lesson 5 LKS2 Be Yourself Lesson 6 LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6
HO5	Why social media, some apps, computer games and online gaming, including gambling sites, are age restricted.	KS1 Digital Wellbeing Lesson 3	LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 4
HO6	The risks relating to online gaming, video game monetisation, scams, fraud and other financial harms, and that gaming can become addictive.	KS1 Digital Wellbeing Lesson 3	LKS2 Digital Wellbeing Lesson 6 LKS2 Money Matters Lesson 4	UKS2 Digital Wellbeing Lesson 2 UKS2 Money Matters Lesson 5
HO7	How to take a critical approach to what they see and read online and make responsible decisions about which content, including content on social media and apps, is appropriate for them.	KS1 Digital Wellbeing Lesson 6	LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 6
HO8	That abuse, bullying and harassment can take place online and that this can impact wellbeing. How to seek support from trusted adults.	KS1 Digital Wellbeing Lesson 5 KS1 VIPs Lesson 4	LKS2 Digital Wellbeing Lesson 1 LKS2 Digital Wellbeing Lesson 2 LKS2 VIPs Lesson 5	UKS2 Digital Wellbeing Lesson 1 UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 TEAM Lesson 5 UKS2 VIPs Lesson 1
HO9	How to understand the information they find online, including from search engines, and know how information is selected and targeted.	KS1 Digital Wellbeing Lesson 6	LKS2 Be Yourself Lesson 5 LKS2 Digital Wellbeing Lesson 4	UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 6
HO10	That they have rights in relation to sharing personal data, privacy and consent.	KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 4	LKS2 Digital Wellbeing Lesson 5	UKS2 Digital Wellbeing Lesson 2
HO11	Where and how to report concerns and get support with issues online.	KS1 Safety First Lesson 4 KS1 Safety First Lesson 6 KS1 Digital Wellbeing Lesson 3 KS1 Digital Wellbeing Lesson 5 KS1 Digital Wellbeing Lesson 6	LKS2 Digital Wellbeing Lesson 2 LKS2 Digital Wellbeing Lesson 3 LKS2 Digital Wellbeing Lesson 4 LKS2 Digital Wellbeing Lesson 5 LKS2 Digital Wellbeing Lesson 6	UKS2 Digital Wellbeing Lesson 2 UKS2 Digital Wellbeing Lesson 3 UKS2 Digital Wellbeing Lesson 4 UKS2 Digital Wellbeing Lesson 5 UKS2 Digital Wellbeing Lesson 6 UKS2 VIPs Lesson 1 UKS2 VIPs Lesson 4

Physical Health and Fitness				
HF1	The characteristics and mental and physical benefits of an active lifestyle.	KS1 Be Yourself Lesson 4 KS1 It's My Body Lesson 2 KS1 Think Positive Lesson 2	LKS2 It's My Body Lesson 2 LKS2 Think Positive Lesson 1 LKS2 Think Positive Lesson 5	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 TEAM Lesson 4
HF2	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.	KS1 It's My Body Lesson 2	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3
HF3	The risks associated with an inactive lifestyle, including obesity.	KS1 It's My Body Lesson 2	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 6
HF4	How and when to seek support including which adults to speak to in school if they are worried about their health.	KS1 It's My Body Lesson 5	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 3 LKS2 It's My Body Lesson 5	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6 UKS2 Safety First Lesson 4
Healthy Eating				
HE1	What constitutes a healthy diet (including understanding calories and other nutritional content).	KS1 It's My Body Lesson 3 KS1 Think Positive Lesson 2	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
HE2	Understanding the importance of a healthy relationship with food.	KS1 It's My Body Lesson 3	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 3
HE3	The principles of planning and preparing a range of healthy meals.	KS1 It's My Body Lesson 3		UKS2 It's My Body Lesson 3
HE4	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).	KS1 It's My Body Lesson 3 KS1 It's My Body Lesson 4	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 6	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 4 UKS2 It's My Body Lesson 6
Drugs, Alcohol, Tobacco and Vaping				
HD1	The facts about legal and illegal harmful substances and associated risks, including smoking, vaping, alcohol use and drug-taking. This should include the risks of nicotine addiction, which are also caused by other nicotine products such as nicotine pouches.	KS1 Safety First Lesson 2 KS1 It's My Body Lesson 5	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 5 LKS2 Safety First Lesson 5	UKS2 It's My Body Lesson 4 UKS2 It's My Body Lesson 6 UKS2 Safety First Lesson 5
Health Protection and Prevention				
HP1	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		LKS2 It's My Body Lesson 4	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
HP2	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	KS1 It's My Body Lesson 6	LKS2 It's My Body Lesson 6	UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6

HP3	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.	KS1 Think Positive Lesson 2 KS1 Digital Wellbeing Lesson 2 KS1 It's My Body Lesson 2 KS1 It's My Body Lesson 6	LKS2 It's My Body Lesson 2 LKS2 It's My Body Lesson 3	UKS2 It's My Body Lesson 2 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
HP4	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.	KS1 It's My Body Lesson 3 KS1 It's My Body Lesson 4	LKS2 It's My Body Lesson 2	UKS2 It's My Body Lesson 3
HP5	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	KS1 It's My Body Lesson 4	LKS2 It's My Body Lesson 4	UKS2 Growing Up Lesson 5 UKS2 It's My Body Lesson 3 UKS2 It's My Body Lesson 6
HP6	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.		LKS2 Safety First Lesson 4	UKS2 It's My Body Lesson 3
Personal Safety				
HS1	About hazards (including fire risks) that may cause harm, injury or risk and ways to reduce risks.	KS1 Safety First Lesson 2 KS1 Safety First Lesson 3 KS1 Safety First Lesson 4 KS1 Safety First Lesson 5	LKS2 Safety First Lesson 2 LKS2 Safety First Lesson 4 LKS2 Safety First Lesson 5	UKS2 Safety First Lesson 1 UKS2 Safety First Lesson 2 UKS2 Safety First Lesson 5 UKS2 Safety First Lesson 6
HS2	How to recognise risk and keep safe around roads, railways, including level crossings, and water, including the water safety code.	KS1 Safety First Lesson 3	LKS2 Safety First Lesson 4	UKS2 Safety First Lesson 6
Basic First Aid				
HA1	How to make a clear and efficient call to emergency services if necessary, including the importance of reporting incidents rather than filming them.	KS1 Safety First Lesson 6	LKS2 Safety First Lesson 2 LKS2 Safety First Lesson 6	UKS2 Safety First Lesson 4
HA2	Concepts of basic first aid, for example dealing with common injuries and ailments, including head injuries.		LKS2 Safety First Lesson 6	UKS2 Safety First Lesson 4
Developing Bodies				
HB1	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.	KS1 Growing Up Lesson 1 KS1 Growing Up Lesson 5	LKS2 Growing Up Lesson 1 LKS2 Growing Up Lesson 2 LKS2 Growing Up Lesson 3 LKS2 Growing Up Lesson 4 LKS2 Growing Up Lesson 6	UKS2 Growing Up Lesson 1 UKS2 Growing Up Lesson 2 UKS2 Growing Up Lesson 5 UKS2 Growing Up Lesson 6

HB2	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.	KS1 Growing Up Lesson 1 KS1 It's My Body Lesson 1 KS1 It's My Body Lesson 6	LKS2 Growing Up Lesson1 LKS2 Growing Up Lesson 2 LKS2 Growing Up Lesson 3 LKS2 Growing Up Lesson 6 LKS2 It's My Body Lesson 1	UKS2 Growing Up Lesson 1 UKS2 It's My Body Lesson 1
HB3	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.		LKS2 Growing Up Lesson 3 LKS2 Growing Up Lesson 4	UKS2 Growing Up Lesson 1