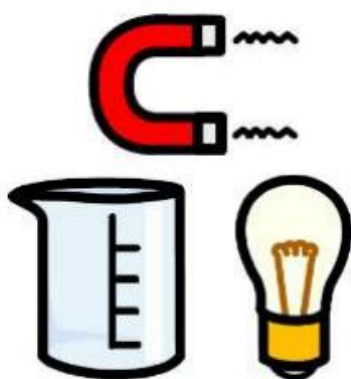


# Chadsmead Science Curriculum matched to the Relationships Education, Relationships and Sex Education (RSE) and Health Education document



  
Department  
for Education

## Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies,  
proprietors, head teachers, principals, senior  
leadership teams, teachers

Chadsmead Science curriculum also meets objectives from the Relationships Education, Relationships and sex Education (RSE) and Health Education:

### **Physical Health and fitness:**

**H18** the characteristics and mental and physical benefits of an active lifestyle.

#### **Animals, including humans. Year 2: Cycle A: Animals, including Humans**

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

#### **Animals, including humans. Year 3: Cycle B: Animals, including Humans**

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

#### **Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

**H19** the importance of building regular exercise 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, vigorous exercise.

#### **Animals, including humans. Year 2: Cycle A: Animals, including Humans**

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

#### **Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

**H20** the risks associated with an inactive lifestyle (including obesity).

#### **Animals, including humans. Year 2: Cycle A: Animals, including Humans**

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

#### **Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

### **Healthy Eating:**

**H22** what constitutes a healthy diet (including understanding calories and other nutritional content).

#### **Animals, including humans. Year 2: Cycle A: Animals, including Humans**

- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

#### **Animals, including humans. Year 3: Cycle B: Animals, including Humans**

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

#### **Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

**H23** the principles of planning and preparing a range of healthy meals.

#### **Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

**H24** 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).

**Animals, including humans. Year 2: Cycle A: Animals, including Humans**

- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

**Animals, including humans. Y3: Cycle B: Animals, including Humans**

- identify the different types of teeth in humans and their simple functions
- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat

**Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

**Drugs and Alcohol**

**H25** the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking

**Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

**Health and Prevention:**

**H28** the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.

**Animals, including humans. Year 2: Cycle A: Animals, including Humans**

- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)

**H29** about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.

**Animals, including humans. Y3: Cycle B: Animals, including Humans**

- identify the different types of teeth in humans and their simple functions

**H30** about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.

**Animals, including humans. Year 2: Cycle A: Animals, including Humans**

- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

**Basic First Aid**

**H32** how to make a clear and efficient call to emergency services if necessary.

**Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- first aid lesson

**H33** concepts of basic first-aid, for example dealing with common injuries, including head injuries.

**Animals, including humans. Year 6: Cycle A: Animals, including Humans**

- first aid lesson

**Changing Adolescent Body:**

**H34** key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

**Animals, including humans. Year 5: Cycle B: Animals, including Humans**

- describe the changes as humans develop to old age