

St. Benedict's Primary School
RHSE
KNOWLEDGE AND SKILLS BUILDER

RHSE element from the National Curriculum – **Health Education**

Phase	Context for learning	
KEY STAGE 1	Year 1 Autumn 1 Enchanted Woodlands Context- Healthy diet	<p>Skill Select healthy ingredients for a fruit or vegetable salad.</p> <p>Knowledge Fruit and vegetables are an important part of a healthy diet. It is recommended that people eat at least five portions of fruit and vegetables every day.</p>
	Year 1 Autumn 2 Bright Lights and Big City Context – Keeping safe online	<p>Skill Understand that there are online tools that can help people to create content and communicate.</p> <p>Knowledge Know that for most people the internet is an integral part of life and has many benefits. Software available online, such as email, social media platforms or blogs, can be made by individuals to communicate their ideas.</p> <p>Skill Explain simply that digital technology can be used to connect with others locally and globally.</p> <p>Knowledge Digital technology is used in all parts of everyday life, such as using a tablet to play a game or a microwave to heat food. Some of this digital technology can be used to connect with others locally, such as sharing digital work in the classroom, or globally, such as using Skype on a computer to speak to a friend overseas.</p>

	<p>Year 1 Spring 1 Superheroes Context: Consider the effect of their online actions.</p>	<p>Skill Select healthy ingredients for a fruit or vegetable salad.</p> <p>Knowledge Fruit and vegetables are an important part of a healthy diet. It is recommended that people eat at least five portions of fruit and vegetables every day.</p>
	<p>Year 1 Summer 1 Paws Claws and Whiskers Context: Digital technology in classroom, home and community</p>	<p>Skill Recognise the ways digital technology can be used in the classroom, home and community.</p> <p>Knowledge Technology is used in many ways to do different jobs, such as using an interactive whiteboard in the classroom, using a tablet to do online shopping at home or using scanners in a shop in the community.</p>
	<p>Year 2 Autumn 1 Street Detectives Context: Working in the community</p>	<p>Skill Demonstrate that they can share opinions and feelings and explain views through discussions with one other person and the whole class.</p> <p>Knowledge People have different opinions, feelings and views. It is important to be able to express these views, as well as being respectful of others, to have successful relationships.</p>
	<p>Year 2 Spring 1 Muck, Mess and Mixture Context: Dangerous liquids, personal hygiene and healthy diet. Health and wellbeing.</p>	<p>Skill Work safely and hygienically in construction and cooking activities</p> <p>Knowledge Hygiene rules include washing hands before handling food, cleaning surfaces, tying long hair back, storing food appropriately and wiping up spills.</p> <p>Skill Describe the types of food needed for a healthy and varied diet and apply the principles to make a simple, healthy meal.</p>

		<p>Knowledge A healthy diet should include meat or fish, starchy foods (such as potatoes or rice), some dairy foods, a small amount of fat and plenty of fruit and vegetables.</p> <p>Skill Work safely and hygienically in construction and cooking activities.</p> <p>Knowledge Hygiene rules include washing hands before handling food, cleaning surfaces, tying long hair back, storing food appropriately and wiping up spills.</p> <p>Skill Demonstrate that they can share opinions and feelings and explain views through discussions with one other person and the whole class.</p> <p>Knowledge People have different opinions, feelings and views. It is important to be able to express these views, as well as being respectful of others, to have successful relationships.</p>
	Year 2 Spring 2 Towers, Tunnels and Turrets Context: What is a dilemma?	<p>Skill Demonstrate that they can share opinions and feelings and explain views through discussions with one other person and the whole class.</p> <p>Knowledge People have different opinions, feelings and views. It is important to be able to express these views, as well as being respectful of others, to have successful relationships.</p>
	Year 2 Summer 1 The Scented Garden Context: Know how to recognise and talk about their emotions.	<p>Skill Demonstrate that they can share opinions and feelings and explain views through discussions with one other person and the whole class.</p> <p>Knowledge People have different opinions, feelings and views. It is important to be able to express these views, as well as being respectful of others, to have successful relationships.</p>

	Year 2 Summer 2 Wriggle and Crawl Context: Digital technology	<p>Skill Recognise why digital technology is used in the classroom, home and community.</p> <p>Knowledge Digital technology is used in everyday life and can be used to support learning and connect with others.</p>
LOWER KEY STAGE 2	Year 3 Autumn 1 Heroes and Villains Context: Positive and negative feelings	<p>Skill Relate appropriately to a wide range of positive and negative feelings in others.</p> <p>Knowledge People may experience positive and negative feelings and it is important to relate appropriately to others' feelings.</p> <p>Skill Recognise that people experience conflicting emotions that they might need to acknowledge, act on or overcome.</p> <p>Knowledge People may feel a mixture of emotions about an event or thing and find these opposite emotions hard to manage. For example, they may feel very worried and excited at the same time about trying something new. Finding the reasons behind these conflicting emotions, refraining from acting on impulse and seeking help from friends, family or professionals can help people to make good decisions.</p> <p>Skill Use digital technology in different ways in the classroom, home and community.</p> <p>Knowledge Digital technology can be used for a range of purposes in different settings, such as using a tablet in the classroom to access educational material, in the home to access entertainment and in the community to share local news.</p> <p>Skill</p>

		<p>Recognise that people experience conflicting emotions that they might need to acknowledge, act on or overcome.</p> <p>Knowledge People may feel a mixture of emotions about an event or thing and find these opposite emotions hard to manage. For example, they may feel very worried and excited at the same time about trying something new. Finding the reasons behind these conflicting emotions, refraining from acting on impulse and seeking help from friends, family or professionals can help people to make good decisions.</p> <p>Skill Relate appropriately to a wide range of positive and negative feelings in others.</p> <p>Knowledge People may experience positive and negative feelings and it is important to relate appropriately to others' feelings.</p>
	Year 3 Autumn2 Predator Context: Consumer of information online	<p>Skill Explain that the World Wide Web contains lots of web pages about different subjects that can be searched</p> <p>Knowledge The World Wide Web is a collection of web pages that are run via the internet. The information requested can be displayed as text, images or videos.</p>
	Year 3 Spring 1 Tremors Context: Family relationships	<p>Skill Demonstrate how they can help the people who are responsible for them to keep them healthy and safe.</p> <p>Knowledge Children can help trusted people (family members, teachers and others in a caring role) to keep them healthy and safe by asking for help, sharing worries, resisting pressure, avoiding unnecessary risks and taking responsibility for their behaviour.</p>

	<p>Year 3 Summer 1 Scrumdiddlyicious Context: Healthy lifestyle</p>	<p>Skill Identify the main food groups (carbohydrates, protein, dairy, fruits and vegetables, fats and sugars).</p> <p>Knowledge There are five main food groups that should be eaten regularly as part of a balanced diet: fruit and vegetables; carbohydrates (potatoes, bread, rice and pasta); proteins (beans, pulses, fish, eggs and meat); dairy and alternatives (milk, cheese and yoghurt) and fats (oils and spreads). Foods high in fat, salt and sugar should only be eaten occasionally as part of a healthy, balanced diet.</p> <p>Skill Take opportunities to make choices about food by planning healthy meals and eating nutritionally rich food. Understand the risks associated with not eating a healthy diet.</p> <p>Knowledge Eating a balanced diet has many health benefits. Short term benefits include maintaining a healthy weight and having more energy. Long term benefits include living a longer life and reducing the risk of diseases and other health conditions, such as tooth decay, obesity, cancer, diabetes and cardiovascular disease.</p> <p>Skill Explain the importance and characteristics of a healthy, balanced diet.</p> <p>Knowledge Humans have to get nutrition from what they eat. It is important to have a balanced diet made up of the main food groups, including proteins, carbohydrates, fruit and vegetables, dairy products and alternatives, and fats and spreads. Humans need to stay hydrated by drinking water</p>
	<p>Year 4 Spring 2 Burps, Bottoms and Bile Context: Effective teeth/healthy bodies</p>	<p>Skill Describe what damages teeth and how to look after them.</p>

		<p>Knowledge Regular teeth brushing, limiting sugary foods and visiting the dentist are important for good oral hygiene.</p> <p>Skill Design a healthy snack or packed lunch and explain why it is healthy.</p> <p>Knowledge Healthy snacks include fresh or dried fruit and vegetables, nuts and seeds, rice cakes with low-fat cream cheese, homemade popcorn or chopped vegetables with hummus. A healthy packed lunch might include a brown or wholemeal bread sandwich containing eggs, meat, fish or cheese, a piece of fresh fruit, a low-sugar yoghurt, rice cake or popcorn and a drink, such as water or semi-skimmed milk.</p> <p>Skill Describe what damages teeth and how to look after them.</p> <p>Knowledge Regular teeth brushing, limiting sugary foods and visiting the dentist are important for good oral hygiene.</p> <p>Skill Discuss how individuals can become responsible for their personal hygiene and the consequences of neglecting personal hygiene.</p> <p>Knowledge Personal hygiene involves keeping yourself clean and preserving health. This can include showering or bathing regularly, using deodorant, flossing and brushing teeth twice a day and changing clothes regularly. Neglecting personal hygiene can result in poor dental hygiene, unpleasant body odour and the spread of diseases.</p>
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UPPER KEY STAGE 2	Year 6 Summer 1 Hola Mexico Context: Health/balanced diet	<p>Skill Plan a healthy daily diet, justifying why each meal contributes towards a balanced diet.</p> <p>Knowledge Eating a balanced diet is a positive lifestyle choice that should be sustained over time. Food that is high in fat, salt or sugar can still be eaten occasionally as part of a balanced diet.</p>
	Year 6 Summer 2 Gallery Rebels Context: Discerning consumer information	<p>Skill Critically evaluate search engine results and identify factors that may affect ranking, such as how long the site has existed, the number of links to the site and whether the organisation has paid to have their site promoted.</p> <p>Knowledge Search engines take many factors into account, such as the quality of the site, number of updates or number of matches to keywords. However, search engines do not consider whether the content is true, age-appropriate or relevant, and so users need to be aware of these things when searching.</p>