

Whole Resource Overview

	EAT BETTER	MOVE MORE					RSE		
		Balance	Motor skills	Hand-eye coordination	Spatial awareness	Agility	Choices & Challenges	Changes	Care & Commitment
YEAR 1 & 2	L1 Identifying and sorting different foods L2 Food plate L3 Create a fruit salad L4 Plan a meal - going to a cafe	Improving balance and balance activities	Improving gross and fine motor skills and activities	Improving hand-eye coordination and activities	Improve spatial awareness and activities	Improve spatial awareness and activities	KS1 Activities <ul style="list-style-type: none"> • Car wash touching • Caring for pets • People who care for us • Story time • Body outline 	YEAR 1 & 2 L1 Amazing me L2 Same but different L3 Animals and their babies L4 I can do L5 Being safe	YEAR 1 & 2 Hygiene
YEAR 3 & 4	L1 Sorting food L2 You are what you eat L3 Five-a-day and class charter L4 Looking after my teeth	Improving balance and balance activities	Improving gross and fine motor skills and activities	Improving hand-eye coordination and activities	Improve spatial awareness and activities	Improve spatial awareness and activities	KS2 Activities <ul style="list-style-type: none"> • Create a character • Conscience alley • Overheard conversations 	YEAR 3 L1 Growing up L2 Changes L3 Fact & fiction YEAR 4 L1 Lifecycle L2 Keeping safe L3 Periods YEAR 5 L1 Puberty L2 Menstruation L3 Reproduction L4 Pregnancy & birth	YEAR 3 Friendship YEAR 4 & 5 L1 Healthy choice challenge L2 What and who helps L3 Celebrating
YEAR 5 & 6	L1 Food groups L2 Importance of food and nutrients L3 Food plate and plan a meal L4 Plan a packed lunch	Improving balance and balance activities	Improving gross and fine motor skills and activities	Improving hand-eye coordination and activities	Improve spatial awareness and activities	Improve spatial awareness and activities	Respect Yourself: RSE Transition Programme Year 6 and 7		
	Home/School partnership Healthy lifestyle Leaflet for parents Family charter Whole school approach Background reading Food cross-curriculum Healthy lunchbox	Assessment One-minute challenges Whole School approach					Home/School partnership Understanding parent concerns Sample letter to parents • Parents leaflet Guidance on running a parents' session Whole school approach OFSTED recommendations Understanding staff concerns • Sample RSE policy Sample governors' statement • Training support		