

Whole Resource Overview

EAT BETTER

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