

PSHEE

Healthy living

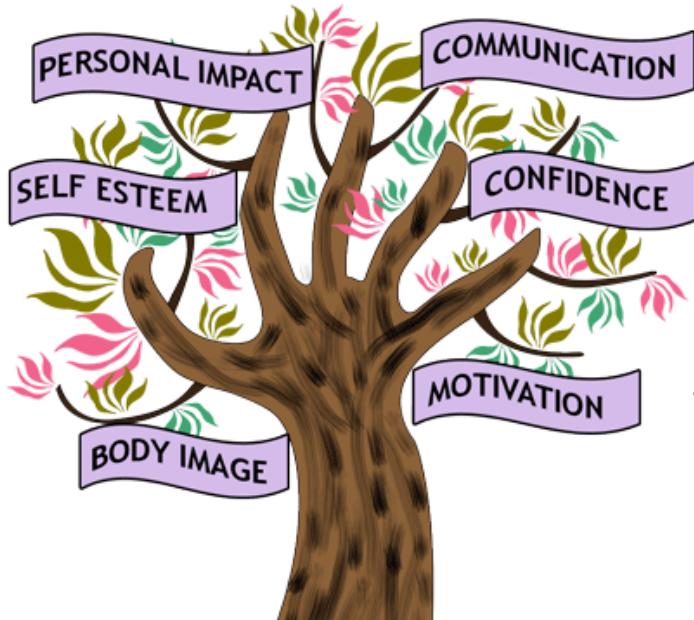
To understand the importance of portion size and making the healthiest choices.

I understand the term 'foods to be eaten in moderation' and why.

I know what portion size of each food group is recommended.

I can choose a selection of foods and make healthy choices - plan a menu.

I understand factors that can affect our food choices (availability, cost...)



Sex Education

Physical development- how you have change mentally and physically since birth.

- What happens to our bodies during puberty.

- Managing emotion during puberty.

- To understand how a foetus develops in the womb. (**not** reproduction)

-To understand the human lifecycle.

- To understand other people's rights to their bodies and what is inappropriate touches.