St James' Church of England School

GROW Curriculum

(incorporating Relationships and Health Education and PSHE)

Please note that physical health and fitness and healthy eating are covered through the science curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	**My family** Who is in my family? Who looks after me? What do I like to do with my family?	**E-safety** What is the internet? When should you use the internet? Who should help you?	**What is a friend?** Who are your friends? What do good friends do?	**Being Healthy** Can you look after your teeth? Can you wash, scrub and brush?	**Being Safe** Can you cross the road safely? Do you know what a stranger is?	**Me** Can you tell me how you are feeling? Who can help you to feel better?
	Owl Babies – Martin Waddell **Peace At Last – Jill Murphy**	**Smartie the Penguin EYFS story** **Chicken Clicking – Jeanne Willis**	**The Rainbow Fish – Marcus Pfister**	**Teeth brushing Resources** **Wash, scrub brush – Mick Manning**	**Practical Road Safety Resources** **Little Red Riding Hood**	**Go Noodle** **The Colour Monster – Anna Llenas** **Emotions Doughnuts**
Year 1	**Our Families** What is a family? Are all families the same? Why are families different?	**E-safety** What happens when you go 'online'? What should you share online? When should you ask for help online?	**Respectful Relationships** What is Respect? Who do you respect? How can you show respect?	**First Aid** Can you call for help? Can you help a friend?	**Being Safe** Who does your body belong to? Is it good to keep a secret?	**My Mind** Can you tell me what makes you feel…? What can you do to make yourself feel better?
	Families, families, families! – S and M Lang	**Smartie the Penguin KS1 story** **Once upon Online – David Bedford**	**It's Okay to be Different – Todd Parr**	**The Children's Book of First Aid Skills – Sophie Giles**	**No Means No – Jayneen Sanders** **Whisper – Ruby Waddell**	**My Strong Mind – Niels van Hove** **Go Noodle**

Year 2	Happy Families Why are families different? What is good about my family? Who can I trust?	E-safety What is a good game to play? Who should you play games with? Is it good to share online?	Respectful Relationships What is self-respect? How can you show respect to different people? What is important about permission?	Money Matters Where does money come from? What do you need money for? Can you keep money safe? Can you budget?	Being Safe What is a worry? Who can you talk to? When is it good to ask for help?	My Mind Is it OK not to feel OK? Where and how can you find help? What works for you?
	Families, families, families! – S and M Lang	**Smartie the Penguin KS1 story** **But, it's just a Game! – Julia Cook**	**Bear out There – Jacob Grant**	**The Children's Book of Money Sense – Sophie Gilse**	**The Huge Bag of Worries – Virginia Ironside** **Ruby's Worry – Tom Percival**	**My Strong Mind – Niels van Hove** **Go Noodle**