Statutory Guidance Mapping

This document takes the exact wording from the **DFE Statutory Guidance** and indicates which Learning Stage covers each objective.

Our **CES/DFE Mapping Matrix** provides more detailed information about where these objectives are met in the **Life to the Full** programme.

EYFS – Early Years Foundation Stage
KS1 – Key Stage 1
LKS2 – Lower Key Stage 2
UKS2 – Lower Key Stage 2

RELATIONSHIPS EDUCATION	
Families and people who care for me	Pupils should know • that families are important for children growing up because they can give love, security and stability. EYFS KS1 LKS2 UKS2 • the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. EYFS KS1 LKS2 UKS2 • that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care. EYFS KS1 LKS2 UKS2 • that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. EYFS KS1 LKS2 UKS2 • that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. UKS2 • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. EYFS KS1 LKS2 UKS2

Caring Friendships	Pupils should know • how important friendships are in making us feel happy and secure, and how people choose and make friends. EYFS KS1 LKS2 UKS2 • the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. EYFS KS1 LKS2 UKS2 • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. EYFS KS1 LKS2 UKS2 • that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. EYFS KS1 LKS2 UKS2 • how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed. EYFS KS1 LKS2 UKS2
Respectful relationships	Pupils should know • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. EYFS KS1 LKS2 UKS2 • practical steps they can take in a range of different contexts to improve or support respectful relationships. EYFS KS1 LKS2 UKS2 • the conventions of courtesy and manners. EYFS KS1 LKS2 UKS2

	• the importance of self-respect and how this links to their own happiness. EYFS LKS2 UKS2 • that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority. EYFS KS1 LKS2 UKS2 • about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help. EYFS KS1 LKS2 UKS2 • what a stereotype is, and how stereotypes can be unfair, negative or destructive. LKS2 UKS2 • the importance of permission-seeking and giving in relationships with friends, peers and adults. EYFS KS1 UKS2
Online Relationships	Pupils should know • that people sometimes behave differently online, including by pretending to be someone they are not. LKS2 UKS2 • that the same principles apply to online relationships as to face-to- face relationships, including the importance of respect for others online including when we are anonymous. LKS2 UKS2 • the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. EYFS KS1 LKS2 UKS2 • how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. LKS2 UKS2

	• how information and data is shared and used online. LKS2 UKS2
Keeping Safe	Pupils should know • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). EYFS KS1 LKS2 UKS2 • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. EYFS KS1 LKS2 UKS2 • that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. EYFS KS1 LKS2 UKS2 • how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. EYFS KS1 LKS2 UKS2 • how to recognise and report feelings of being unsafe or feeling bad about any adult. EYFS KS1 LKS2 UKS2 • how to ask for advice or help for themselves or others, and to keep trying until they are heard, EYFS KS1 LKS2 • how to report concerns or abuse, and the vocabulary and confidence needed to do so. KS1 LKS2 UKS2 • where to get advice e.g. family, school and/or other sources. EYFS KS1 LKS2 UKS2

HEALTH EDUCATION	
Mental wellbeing	Pupils should know • that mental wellbeing is a normal part of daily life, in the same way as physical health. LKS2 UKS2 • that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. EYFS KS1 LKS2 UKS2 • how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. EYFS KS1 LKS2 UKS2 • how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. EYFS KS1 LKS2 UKS2 • the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. EYFS KS1 LKS2 UKS2 • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. EYFS LKS2 UKS2 • isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. LKS2 UKS2 • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. EYFS KS1 LKS2 UKS2 • where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or

	someone else's mental wellbeing or ability to control their emotions (including issues arising online). EYFS LKS2 UKS2 • it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. LKS2 UKS2
Internet safety and harms	Pupils should know • that for most people the internet is an integral part of life and has many benefits. EYFS KS1 LKS2 UKS2 • about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. EYFS LKS2 UKS2 • how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. KS1 LKS2 UKS2 • why social media, some computer games and online gaming, for example, are age restricted. UKS2 • that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. KS1 LKS2 UKS2 • how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. LKS2 UKS2 • where and how to report concerns and get support with issues online. EYFS KS1 LKS2 UKS2

Physical health and fitness	Pupils should know • the characteristics and mental and physical benefits of an active lifestyle. EYFS KS1 LKS2 UKS2 • the importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. EYFS LKS2 UKS2 • the risks associated with an inactive lifestyle (including obesity). LKS2 UKS2 • how and when to seek support including which adults to speak to in school if they are worried about their health. KS1 LKS2 UKS2
Healthy eating	Pupils should know • what constitutes a healthy diet (including understanding calories and other nutritional content). EYFS KS1 LKS2 UKS2 • the principles of planning and preparing a range of healthy meals. KS1 LKS2 UKS2 • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). EYFS KS1 LKS2 UKS2
Drugs, alcohol and tobacco	Pupils should know • the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. KS1 LKS2 UKS2

Health and prevention	Pupils should know • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. EYFS • about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. EYFS KS1 LKS2 UKS2 • the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. EYFS KS1 LKS2 UKS2 • about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. EYFS KS1 LKS2 UKS2 • about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. EYFS KS1 LKS2 UKS2 • the facts and science relating to immunisation and vaccination KS1 LKS2 UKS2
Basic first aid	Pupils should know: • How to make a clear and efficient call to emergency services if necessary. EYFS KS1 LKS2 UKS2 • concepts of basic first-aid, for example dealing with common injuries, including head injuries. KS1 LKS2 UKS2
Changing adolescent body	Pupils should know: • key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. LKS2 UKS2

	• about menstrual wellbeing including the key facts about the menstrual cycle. **LKS2 UKS2**