



**LAMMACK**  
PRIMARY SCHOOL

## HRE – Health and Relationships Education

At Lammack Primary School, our aim for all of our teaching and learning is to provide opportunities for all pupils to learn, to enjoy and to achieve. Within the HRE curriculum, we aim to assist children in preparation for adult life by supporting them through their physical, emotional and moral development. We will help children to understand themselves, respect others and form and sustain healthy relationships. As a school, we have six key values:

- Love
- Determination
- Honesty
- Teamwork
- Friendship
- Respect

We encourage children to ‘live the values’ in all aspects of their life. We want children to understand the importance of healthy relationships and how they make us feel valued and secure. Through deep discussion within HRE lessons, children will acquire the confidence and vocabulary to discuss their feelings and emotions regarding different situations and experiences.

### How this subject is taught

Children are taught how to keep their bodies healthy, both physically and mentally. They will learn about fitness, personal hygiene, what constitutes a healthy diet and how to keep a healthy mind. We want to ensure that children grow up to be healthy and positive - inside and out. Our school will prepare children for modern life through the teaching of British Values, ensuring they have a deep understanding of what is morally right and wrong.

HRE is embedded throughout the Lammack curriculum and is not just taught as a stand-alone lesson. Children are actively using their social skills to communicate their ideas and their emotional skills to develop an opinion throughout the different subjects. These are developed further through extra-curricular activities, visitors within school and assemblies, all contributing to allow for a good sense of self in every child. Ultimately, ‘Every child matters, every day counts’ at Lammack.

### Foundation Stage

Foundation stage teachers use the EYFS (Early Years Foundation Stage) documentation to provide opportunities for children to develop socially, emotionally, spiritually and morally.

### Key Stage One

In Key Stage One, HRE learning is split into the following three topics:

- Keeping Safe
- Healthy Lifestyles
- Happy Families

### Key Stage Two

In Key Stage Two, HRE learning is split into the following four topics:

- Keeping Safe
- Healthy Lifestyles
- Happy Families
- Anti-bullying