

ORGANIZACIÓN Y SECUENCIACIÓN DE CONTENIDOS RSHE




| CURSO | PRIMER TRIMESTRE | SEGUNDO TRIMESTRE | TERCER TRIMESTRE |
|-------------|-------------------------------|---|------------------------------|
| 1º Primaria | Caring friendship Families | Health and prevention Internet safety and harms (Tuesday 7th February 2023) Mental wellbeing | Being safe Healthy eating |
| 2º Primaria | Caring friendship Families | Health and prevention Internet safety and harms (Tuesday 7th February 2023) Mental wellbeing | Being safe Healthy eating |
| 3º Primaria | Caring friendship Families | Health and prevention Internet safety and harms (Tuesday 7th February 2023) Mental wellbeing | Being safe Healthy eating |
| 4º Primaria | Caring friendship | Health and prevention | Being safe |

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| | Families | Internet safety and harms (Tuesday 7th February 2023) Mental wellbeing | Healthy eating |
| 5° Primaria | Caring friendship Families | Changing adolescent body Internet safety and harms (Tuesday 7th February 2023) Mental wellbeing | Healthy eating Drugs, alcohol and tobacco Basic First Aids |
| 6° Primaria | Caring friendship Families Boundaries, privacy and feeling unsafe | Changing adolescent body Internet safety and harms (Tuesday 7th February 2023) Mental wellbeing | Healthy eating Drugs, alcohol and tobacco Basic First Aids |



| 1ER TRIMESTRE | | |
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| 1º Primaria | ACTIVITIES | DETALLE |
| Caring friendship | Qué es un buen amigo-a: <i>ficha en carpeta de recursos</i> . También digital: https://es.liveworksheets.com/zz254093kd Friendship flower: <i>carpeta de recursos</i> https://www.twinkl.co.uk/resource/friendship-flower-activity-sheet-t-lf-1634637039 Welcome poster: <i>en carpeta de recursos</i> | Pupils should know: • The characteristics of positive and healthy friendships (in all contexts, also online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. |
| Happy and secure friendships | | |
| Welcoming friendships | | |
| Families - Introducing the family | | |
| My family | Mi familia mini-book: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/es-t-t-15182-my-family-book-spanish Recipe for a special family: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t-or-264-part-of-the-party-recipe-for-a-special-family-powerpoint Trailer película ENCANTO : https://www.youtube.com/watch?v=E4dCY_DvT-4 | Pupils should know: • that there are different types of commitment, stable relationships. • different families around the world. • the family should be a safe place of love and protection. |
| Different types of family | | |
| 2º Primaria | ACTIVITIES | DETALLE |
| Caring friendship | Qué es un buen amigo-a: <i>ficha en carpeta de recursos</i> . También digital: https://es.liveworksheets.com/zz254093kd How to be a good friend: https://www.twinkl.co.uk/resource/t-s-872-how-to-be-a-good-friend-activity TARJETAS . Cómo ser un buen amigo/a: <i>carpeta de recursos</i> . Welcome poster: en carpeta de recursos. | Pupils should know: • The characteristics of positive and healthy friendships (in all contexts, also online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the |
| Making friends. Happy and secure friendships | | |
| Welcoming friendships | | |

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| | | management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. |
| Families - Introducing the family | | |
| My family | Los miembros de la familia: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/es-t-t-6167-los-miembros-de-la-familia-presentacion | Pupils should know: <ul style="list-style-type: none"> • that there are different types of commitment, stable relationships. • different families around the world. • that the family should be a safe place of love and protection. |
| Security, love and guidance, support when we need it most | Vídeo. Todas las familias se quieren: https://www.youtube.com/watch?v=osRxj6sdvcY Trailer película ENCANTO : https://www.youtube.com/watch?v=E4dCY_DvT-4 | |
| International Family Day | https://drive.google.com/file/d/1xzFVSciCsFqsRQ4XhWt3lnEAO5QoTbkq/view?usp=share_link | |
| 3º Primaria | ACTIVITIES | |
| Caring friendship | Bingo de los amigos: https://www.imageneseducativas.com/wp-content/uploads/2016/08/Bingo-de-los-amigos-PDF.pdf | Pupils should know: <ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, also online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. |
| Ways of making friends | Cómo ser un buen amigo-a: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t-t-13179-how-can-i-be-a-good-friend-writing-frame | |
| Choosing friends | PPT . Qué hace un buen amigo: <i>carpeta de recursos</i> . “Los dos amigos”. Vídeo y ficha digital “El valor de la amistad”: https://es.liveworksheets.com/worksheets/es/Etica_y_valores/Amistad/El_valor_de_la_amistad_ge2222253oj | |
| Welcoming friends | | |
| Families - Introducing the family | | |
| My family | PPT . Different types of families: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/cfe-p-285-special-families-powerpoint | Pupils should know: <ul style="list-style-type: none"> • that there are different types of commitment, stable relationships. • different families around the world. • that the family should be a safe place of love and protection. |
| Different types of family | Vídeo. Diferentes tipos de familias: https://www.youtube.com/watch?v=flmQuRgTPOs | |
| Security, love and guidance, support when we need it most | Trailer película ENCANTO : https://www.youtube.com/watch?v=E4dCY_DvT-4 | |
| 4º Primaria | ACTIVITIES | |
| Caring friendship | Bingo de los amigos: https://www.imageneseducativas.com/wp-content/uploads/2016/08/Bingo-de-los-amigos-PDF.pdf | Pupils should know: <ul style="list-style-type: none"> • The characteristics of positive and |
| Ways of making friends | | |

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| Choosing friends | <p>Cómo puedo ser un buen amigo-a: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/t-t-13179-how-can-i-be-a-good-friend-writing-frame Corto "Cuerdas" y ficha digital: https://es.liveworksheets.com/in754826rh FRASES sobre la amistad: <i>carpeta de recursos</i>.</p> | <p>healthy friendships (in all contexts, also online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship.</p> |
| Online friendships | | |
| Families - Introducing the family | | |
| Security, love and guidance, support when we need it most | <p>Las familias del mundo: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/es-t-t-14275-las-familias-por-el-mundo Trailer película ENCANTO: https://www.youtube.com/watch?v=E4dCY_DvT-4</p> <p>Idea de actividad: realizar un póster en el que se reflejen los distintos tipos de familias y el respeto por las diferencias.</p>  | <p>Pupils should know:</p> <ul style="list-style-type: none"> • that there are different types of commitment, stable relationships. • different families around the world. • that the family should be a safe place of love and protection. |
| Different types of family | | |
| Respecting difference | | |
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| 5º Primaria | ACTIVITIES | DETALLE |
| Caring friendship | | |
| Choosing friends | <p>Healthy friendship: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/t2-p-429-unequal-friendships-are-unhappy-friendships-activity-sheet Características de un buen amigo-a: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/t3-s-035-new-ks3-characteristics-of-a-good-friend-game Cuando surgen problemas: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/older-learners-friendship-problem-scenario-and-questions-t-p-1626695431 Álbum de la amistad: <i>ficha en carpeta de recursos</i>.</p> | <p>Pupils should know:</p> <ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, also online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. |
| Characteristics of friendships | | |
| Welcoming friendships | | |
| When an offer of friendships is rejected | | |
| Online friendship | | |
| Families - Introducing the family | | |
| Different types of family | Dificultades en las familias: <i>carpeta de recursos</i> . | Pupils should know: |

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| Respecting difference | https://www.twinkl.co.uk/resource/t-c-255210-family-problem-solving-activity-sheet | <ul style="list-style-type: none"> • that there are different types of commitment, stable relationships. • different families around the world. • that the family should be a safe place of love and protection. |
| Happy family life | | |
| Difficult times in families | | |
| 6º Primaria | ACTIVITIES | DETALLE |
| Caring friendship | | |
| Characteristics of friendships | <p>Cómo es un buen amigo/a: <i>ficha en carpeta de recursos</i>. https://www.twinkl.co.uk/resource/es-t-c-255098-como-es-un-buen-amigo-ficha-de-actividad</p> <p>Mantener una amistad: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/t-c-254801-keeping-your-friendships-guide</p> <p>Cuando surgen problemas: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/older-learners-friendship-problem-scenario-and-questions-t-p-1626695431</p> <p>Cómo fortalecer la amistad: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/strengthening-friendships-t-p-2109</p> | <p>Pupils should know:</p> <ul style="list-style-type: none"> • The characteristics of positive and healthy friendships (in all contexts, also online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. |
| Welcoming friendships | | |
| When an offer of friendships is rejected | | |
| Working through problems | | |
| Trust and friendship | | |
| Online friendship | | |
| Happy family life | | |
| Difficult times in families | <p>Dificultades en las familias: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/t-c-255210-family-problem-solving-activity-sheet</p> <p>Love, marriage and partnership PPT: <i>ficha en carpeta de recursos</i>.</p> <p>UPDATED INFORMATION ABOUT MARRIAGE: <i>The Marriage and Civil Partnership (Minimum Age) Act 2022 comes into force on Monday 27 February 2023. Under existing law, people can enter a marriage or civil partnership at age 18, or 16 to 17 with parental or judicial consent. The Act raises the minimum marriage and civil partnership age to 18, removing all consent requirements.</i></p> <p><i>The Act extends existing forced marriage legislation, so it will be an offence to carry out any conduct causing a child to marry before their eighteenth</i></p> | <p>Pupils should know:</p> <ul style="list-style-type: none"> • that there are different types of commitment, stable relationships. • different families around the world. • that the family should be a safe place of love and protection. |
| Feeling unhappy or unsafe | | |
| Unhappy or unsafe relationships | | |
| How to ask for help or advice | | |
| Marriage | | |
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| | <p><i>birthday, even if violence, threats or another form of coercion aren't used.</i></p> <p><i>Marriage and forced marriage are taught as part RSHE. Please can your teaching now cover these points. Further forced marriage guidance is available.</i></p> | |
| <p>Boundaries, privacy and feeling unsafe</p> <p>Rights over our own bodies:bodily autonomy, refuse some contact, an adult or another young person should never make a young person uncomfortable,ask a trusted adult for advice</p> | <p>Taller 25 noviembre - Workshop 25 November</p> | <p>Pupils should know: to recognise and to report abuse, including emotional, physical and sexual abuse. In primary schools, this can be delivered by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own bodies. This should also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online.</p> |



| 2 TRIMESTRE | | |
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| 1º Primaria | ACTIVITIES | DETALLE |
| Health and prevention | | |
| Handwashing | Wash your hands: <i>ppt en carpeta de recursos.</i> | Primary prevention refers to actions aimed at avoiding the manifestation of a disease (provision of information on behavioural and medical health risks, nutritional and food supplementation; oral and dental hygiene education; and clinical preventive services such as immunization and vaccination of children). |
| Importance of good dental health | Healthy teeth: <i>ficha en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/1ZpYB9GsTIPC5WRh-DGJKz6gD41E4jlb | |
| Prevention. Keeping safe | Medicine and Poisonous Substances PPT: <i>en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/1mfyx_ylcrL1YnDp0EVT3ifMhtfqL2IU N | |
| Internet Safety and Harms | | |
| Safer Internet day | Activities carried out by the school around the celebration of Safer Internet day 7th February 2023 From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns. | Students should know how to make a safer and more responsible use of online technology and mobile phones,... |
| Mental wellbeing | | |
| Talking about emotions | Managing my emotions: <i>ficha en carpeta de recursos</i> CARPETA DE RECURSOS: | Talking helps children understand their emotions, giving them more control over their mental health. |

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| | https://drive.google.com/drive/folders/1mfyx_ylcrL1YnDp0EVT3ifMhtfqL2IU N | |
| 2º Primaria | ACTIVITIES | DETALLE |
| Health and prevention | | |
| Handwashing, Sneezing and coughing | Sneezing and coughing: poster here Washing your hands PPT: <i>en carpeta de recursos</i> | Primary prevention refers to actions aimed at avoiding the manifestation of a disease (provision of information on behavioural and medical health risks, nutritional and food supplementation; oral and dental hygiene education; and clinical preventive services such as immunization and vaccination of children). |
| Importance of good quality sleep | Sleeping and sleep deprivation: <i>en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/1DIXtcZMY8rw8kcdpmaewxKm3nO82ZQ3D | |
| Prevention. Keeping safe | Medicine and Poisonous Substances PPT: <i>en carpeta de recursos</i> | |
| Internet Safety and Harms | | |
| Safer Internet day | Activities carried out by the school around the celebration of Safer Internet day 7th February 2023. From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns. | Students should know how to make a safer and more responsible use of online technology and mobile phones, ... |
| Mental wellbeing | | |
| Talking about emotions | VÍDEO: Ej.: Inside Out : https://www.youtube.com/watch?v=1S0RKRRyqhQ https://www.youtube.com/watch?v=_MC3XuMvsDI | Talking helps children understand their emotions, giving them more control over their mental health. |
| Emotions regulation | If I'm feeling worksheet: <i>en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/1DIXtcZMY8rw8kcdpmaewxKm3nO82ZQ3D | |
| 3º Primaria | ACTIVITIES | DETALLE |
| Health and prevention | | |
| Common signs of illness | Why soap works. | Primary prevention refers to actions aimed at avoiding the manifestation |

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| Germes and infections | Experiment: https://www.twinkl.co.uk/resource/handwashing-soap-experiment-ks1-t-tp-2549329 | of a disease (provision of information on behavioural and medical health risks, nutritional and food supplementation; oral and dental hygiene education; and clinical preventive services such as immunization and vaccination of children). |
| How much sleep | Why sleep is important PPT: <i>en carpeta de recursos</i> A good night sleep: <i>en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/173Uh0DUY72EcMtVLUyutYdl0eMSr8Y3u | |
| Internet Safety and Harms | | |
| Safer Internet day | Activities carried out by the school around the celebration of Safer Internet day 7th February 2023. From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns. | Students should know how to make a safer and more responsible use of online technology and mobile phones, ... |
| Mental wellbeing | | |
| Scale of childhood emotions Range of childhood emotions | My feelings volcano: <i>ficha en carpeta de recursos</i> VÍDEO: How is she feeling? QUIZ: https://www.youtube.com/watch?v=dOkyKyVFnSs | |
| Growth mindset | Growth mindset book marks: <i>en carpeta de recursos</i> Mindfulness Colouring: here | |
| 4º Primaria | ACTIVITIES | DETALLE |
| Health and prevention | | |
| Sunlight and vitamin D | Vitamin D quiz: https://study.com/academy/practice/quiz-worksheet-vitamin-d-deficiency-toxicity-symptoms.html | Primary prevention refers to actions aimed at avoiding the manifestation of a disease (provision of information on behavioural and medical health risks, nutritional and food supplementation; oral and dental hygiene education; and clinical preventive services such as immunization and vaccination of |
| UV radiation and our skin | Safe in the sun PPT: <i>en carpeta de recursos</i> Staying safe in the sun worksheet: <i>en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/1e1hp_EORA7NIMvwOkLfGxmi7gRr9TzzL | |

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| Prevention: Safe or unsafe | 3 activities: <i>fichas en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/173Uh0DUY72EcMtVLUyutYdl0eMSr8Y3u | children). |
| Internet Safety and Harms | | |
| Safer Internet day | Activities carried out by the school around the celebration of Safer Internet day 7th February 2023. From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns. | Students should know how to make a safer and more responsible use of online technology and mobile phones, ... |
| Mental wellbeing | | |
| Tai Chi workshop | Workshop organised by the school. Last week of January Wu's Tai Chi Chuan Academy Archway | |
| 5º Primaria | ACTIVITIES | DETALLE |
| Changing adolescent body | | |
| Changes in girls | Worksheets: <i>en carpeta de recursos</i> CARPETA DE RECURSOS: https://drive.google.com/drive/folders/1OVZ4806GLc2VC_SX9uKLmXiFesCzbKB2 | It includes information on the physical and emotional changes in puberty, including menstrual wellbeing. |
| Changes in boys | | |
| Science curriculum | Activities selected from the science curriculum The curriculum for science also includes content in related areas, such as: the main external body parts, changes to the human body (including puberty), reproduction (including menstrual cycle). | Changing adolescent body is closely related to:health and prevention, mental wellbeing,physical health and fitness and healthy eating. |
| Internet Safety and Harms | | |
| Safer Internet day | Activities carried out by the school around the celebration of Safer Internet day 7th February 2023. From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns. | Students should know how to make a safer and more responsible use of online technology and mobile phones, ... |
| Mental wellbeing | | |

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| Self-care bingo | | Students should learn what steps we can take to support our mental wellbeing and how it can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too. |
| Tai Chi workshop | Workshop organised by the school. Last week of January Wu's Tai Chi Chuan Academy Archway | |
| 6° Primaria | ACTIVITIES | DETALLE |
| Changing adolescent body | | |
| Introducing puberty Hormones that affect both sexes Changes to a girl's body in puberty Changes to a boy's body in puberty | <p>VÍDEOS: CHECK BEFORE PLAYING THE VIDEOS</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=gV21b3ZpSLg • https://www.youtube.com/watch?v=2XF0awGRTWs <p>Workbook: Next Stop!! Puberty: <i>en carpeta de recursos</i></p> <p>CARPETA DE RECURSOS: https://drive.google.com/drive/folders/1i2Raj8HYJGeT4YigNWIV-9Jz2OoY6yNI</p> | <p>It includes information on the physical and emotional changes in puberty, including menstrual wellbeing.</p> <p>Changing adolescent body is closely related to: health and prevention, mental wellbeing, physical health and fitness and healthy eating.</p> |
| Sleeping is important | <p>Sleep affects your mind and body more than you might think, so it's super important to do your best to have a healthy sleep pattern. Find out what you lose when you miss your snooze, and how to make sure you catch enough of those all-important ZZZs.</p> <p>VIDEO: https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/#videos</p> | <p>The curriculum for science also includes content in related areas, such as: the main external body parts, changes to the human body (including puberty), reproduction (including menstrual cycle).</p> |
| Internet Safety and Harms | | |

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| Safer Internet day | Activities carried out by the school around the celebration of Safer Internet day 7th February 2023. | From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns |
| Mental wellbeing | | |
| Depression and worries | <p>The Worry Tree This is one of those pick-your-path films that shows you how to stop dwelling on the things that are out of your control and refocus your mind on the choices you can make. And remember: it's always OK to ask for help if you need it.</p> <p>https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/#videos</p> | Students should learn what steps we can take to support our mental wellbeing and how it can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too. |
| Tai Chi workshop | Workshop organised by the school. Last week of January Wu's Tai Chi Chuan Academy Archway | |



| 3ER TRIMESTRE | | |
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| 1º Primaria | ACTIVITIES | DETALLE |
| Boundaries, privacy and feeling unsafe | Private or public: <i>carpeta de recursos</i> https://www.twinkl.co.uk/resource/twinkl-symbols-public-and-private-sorting-activity-t-s-1654347883 | Pupils should know: To understand they should not share personal information with strangers. |
| Keeping some information private | | |
| Right to ask for help | | |
| Who can help me: <i>carpeta de recursos</i> https://www.twinkl.co.uk/resource/t-t-29304-who-can-help-me-cut-and-stick-activity-shee | | |
| Healthy eating | | |
| A healthy diet | Healthy eating lunch: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t-t-2399-healthy-eating-lunch-activity | Pupils should know: How to prepare a healthy snack or lunch |
| 2º Primaria | ACTIVITIES | DETALLE |
| Boundaries, privacy and feeling unsafe | Safe secrets: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-safety-first-lesson-5-safe-secrets-and-surprises-lesson-pack-t-lf-2549380 | Pupils should know: - To understand they should not share personal information with strangers. -To understand |
| Keeping some information private | | |
| Appropriate boundaries: physical contact, personal information,ask for support | | |
| Safe secrets: PANTOSAURUS https://youtu.be/LnroTxz7USI | | |
| Healthy eating | | |
| Healthy and unhealthy diets | Crossword: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t-t-5423-healthy-eating-word-search | Pupils should know: -To differentiate healthy and |
| Poor diet and tooth decay | | |

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| | Poor diet and tooth decay: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/healthy-teeth-cut-and-paste-activity-us-ss-554 | unhealthy diets. -To understand the effects of diet on our health. |
| 3º Primaria | ACTIVITIES | DETALLE |
| Boundaries, privacy and feeling unsafe My body. Setting boundaries. | My body belongs to me: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/cfe-s-70-my-body-belongs-to-me-social-story-booklet | Pupils should know: -How to maintain their personal space and protect their body in situations they might find themselves in either at school, at home or in public. |
| Healthy eating | | |
| A healthy diet | Healthy and unhealthy: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t-t-2351-healthy-and-unhealthy-sorting-activity Plate template: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t-t-2394-editable-plate-templates | Pupils should know: -To differentiate healthy and unhealthy diet. -To understand the effects of diet on our health. |
| 4º Primaria | ACTIVITIES | DETALLE |
| Boundaries, privacy and feeling unsafe Personal space | Personal space in different cultures: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/personal-space-cut-and-paste-sorting-activity-us-se-75 | Pupils should know: -To learn body awareness and expectations with our Personal Space. |
| Healthy eating | | |
| Minerals, vitamins, fibre, carbohydrates. | Healthy eating quiz: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t-p-268-ks1-healthy-eating-week-quick-quiz | Pupils should know: -To differentiate healthy and unhealthy diet. -To understand the effects of diet on our health. |
| 5º Primaria | ACTIVITIES | DETALLE |
| Healthy eating | | |
| Poor diet and unhealthy weight Balanced diet Drinking enough water | Nutrition: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/t3-sc-135-nutrition-cut-and-stick-activity-sheet Balanced diet: <i>carpeta de recursos</i> . | Pupils should know: -To understand the effects of an unhealthy diet. -To understand the importance of |

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| | <p>https://www.twinkl.co.uk/resource/t2-s-106-balanced-diet-worksheet Planning a healthy menu: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/t2-par-92-planning-a-healthy-menu-activity-sheet Drinking water: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/why-is-drinking-water-important-powerpoint-cfe-hw-127</p> | hydration. |
| Drugs, alcohol and tobacco | | |
| Alcohol use | <p>Did you know?: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/drugs-and-alcohol-did-you-know-fact-cards-t-lf-1640344670 Dangers of smoking: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/the-dangers-of-smoking-mind-map-template-t-lf-1644934108</p> | <p>Pupils should know: -the risks and effects of alcohol, drugs and tobacco</p> |
| Tobacco | | |
| First Aid | | |
| Allergies Choking Calling 999 for an ambulance | WORKSHOP - BASIC FIRST AID SKILLS | <p>Pupils should know: -basic first aid skills to protect themselves and help others.</p> |
| 6° Primaria | ACTIVITIES | DETALLE |
| Healthy eating | | |
| Understanding calories | <p>The Healthy Pyramid: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/t2-par-91-the-healthy-eating-pyramid-activity-sheet https://www.twinkl.co.uk/resource/roi2-p-17-healthy-eating-food-pyramid-activity-sheet Planning a meal: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/colourful-weekly-meal-planner-t-bbp-31 My body needs water: <i>carpeta de recursos</i>. https://www.twinkl.co.uk/resource/why-my-body-needs-water-quiz-cfe-hw-131</p> | |
| Planning a range of meals | | |
| Drinking enough fluids | | |
| Drugs, alcohol and tobacco | | |

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|------------------------------|--|---|
| Alcohol use | Dangers of alcohol: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/cfe2-p-208-cfe-second-the-dangers-of-alcohol-misuse-labelling-activity-sheet Effects of alcohol: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/cfe2-p-209-cfe-second-short-term-effects-of-alcohol-activity-sheet Effects of vaping: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/the-effects-of-vaping-powerpoint-cfe-hw-1652130326 Illegal drugs: <i>carpeta de recursos</i> . https://www.twinkl.co.uk/resource/drugs-and-substance-misuse-fill-in-the-blanks-worksheet-cfe-hw-206 | Pupils should know: -the risks and effects of alcohol, drugs and tobacco. |
| E cigarettes (vaping) | | |
| Illegal drugs risks | | |
| First Aid | | |
| Allergies | WORKSHOP - BASIC FIRST AID SKILLS | Pupils should know: -basic first aid skills to protect themselves and help others. |
| Choking | | |
| If someone falls unconscious | | |
| Making an emergency call | | |
| Calling 999 for an ambulance | | |