

LCA Teaching Programme

### **Health and Sex Education**

Our programme of Health Education includes:

- The human body – growth, movement and senses, including the processes of breathing, circulation, growth and reproduction for KS2 pupils,
- Personal hygiene,
- Dental care,
- The value of exercise,
- Diet and health,
- The correct use of medicines and the avoidance of harmful substances,
- Awareness of the misuses of tobacco and alcohol.

Y5/6 PUPILS

Specific discussions on puberty and physical changes in boys and girls (Year 5 girls during the Summer Term) are offered in single sex groups. Parental permission is needed for children to attend these sessions.