

Guidance on Planning the Facts4Life Curriculum in Primary Schools

We have an extensive range of resources available for schools to use across the primary curriculum. For help with locating our resources, please see our [Website Overview](#) information sheet.

Q: Do I need to introduce all these resources to implement the Facts4Life curriculum?

No. We have provided a rich menu of materials for you to select from. We know that all schools are different and like to plan to reflect their own ethos and curriculum priorities. The Facts4Life resources enable you to plan against your PSHE scheme, including the requirement to deliver Relationships and Health Education.



Q: So why do I need Facts4Life if we already have a PSHE programme?

Facts4life is an innovative approach to building health resilience in your students. It is proven to be effective and backed by [independent research](#).

- We address the normal fluctuations of our mental and physical health.
- We teach children a language to articulate difficult experiences and, for some, their feelings of distress.
- We explore strategies for managing these experiences.
- We give permission to find out more about illnesses that children have already encountered or may encounter.
- We provide a framework within which the different themes of a PSHE programme can make more sense to children.

Q: How do other schools plan in the Facts4Life curriculum?

Many schools find a systematic approach to implementing Facts4Life health education helpful. These schools start each of the six terms specifically focusing on Facts4Life health education, tailored to each year group. This maintains a familiarity for both staff and students with Facts4Life's core concepts and philosophy, reinforcing learning throughout the academic year.

Other schools begin with their current schemes of work and map Facts4Life resources against these. Teachers can then see how and when the resources can enhance your current work.

This **Delivery Overview** against national requirements (found in our primary additional resources) will help you with any mapping task.

Q: Any other tips?

As with all learning and development, revisiting Facts4Life concepts is essential to ensure new skills and attitudes are embedded.

We encourage you to develop a whole school approach:

- Use the Facts4Life assemblies to introduce the 3 Key Messages to your classes, year groups, or the whole school.
- Use the Three Key Messages and Facts4Life language that underpins all our resources consistently. These core concepts are:
 - Riding the Ups and Downs
 - Keeping Balanced
 - Smoothing the Path
- Look for opportunities to refer to these messages in the small moments during the day.
- You may also wish to model how you self-regulate by articulating aloud the language that can be helpful to children.

For more help, please get in touch with us at admin@facts4life.org