

Facts4Life Website Overview for Primary Schools

The [Facts4Life website](#) has a huge collection of useful online health education resources for primary school teachers. Here's a quick overview of sections that will be particularly relevant to you.

For Parents, Carers & Families

Where to find: Home Page, click on 'Families' icon

About: This section is open access. You can bring these resources to the attention of parents in your school.

Primary

Where to find: Dropdown menu bar – Resources

About: You'll need your username and password to access the Primary sections.

Core resources are grouped by year group ([Reception](#), [Years 1 & 2](#), [Years 3 & 4](#), [Years 5 & 6](#)).

Each year group section includes the following:

- A programme outline.
- A PowerPoint that provides a pathway to help you deliver the resources.
- All the resources you will need for delivery in conjunction with the Teacher's Book.
- A second PowerPoint that references other resources available on the site to ensure delivery of the DfE Statutory Requirements for Health Education 2025.
- A mapping document that enables you to see how the resources meet the criteria of the DfE requirement.



Additional Resources

About: This section contains a wide range of resources that may be used across year groups, including:

- Songs
- Check-in Activities
- Facts4Life 30 Day Challenges
- First Aid
- Brain Science Resource
- Sleep
- Healthy Eating
- Assemblies
- And many more...



Primary Mental Health

About: This section contains a range of resources to support mental health that can be used across year groups, grouped around the Facts4Life 3 Key Messages: Riding the Ups and Downs, Keeping Balanced, Smoothing the Path.

Relationships

About: This section contains a range of resources to deliver the relationships curriculum. They are grouped by year group.

Home Learning Resources

About: These activity mats can be used in school or by students working independently from home.

Healthy Families Resources

About: In Part 1, you will find additional resources for use with parents who will benefit from additional support. Part 2 provides you with materials to run workshops or drop-in session for parents to build confidence in managing key aspects of health.

Pastoral Teams

About: These materials are designed for SENDCOs, Pastoral Support Workers, and Teaching Assistants who are working on a one-to-one basis or with small groups.

Please contact us to organise a support meeting with one of our directors if you (or one of your team) would find it helpful to walk through some of these materials. A number of schools have taken advantage of this, particularly with respect to the Healthy Families and Pastoral Teams material.