

# Our RSHE Curriculum

Year Group	Topic
FS2	<p><b><u>Healthy Me (Spring Term)</u></b></p> <ul style="list-style-type: none"> <li>Makes a healthy choice</li> <li>Understands that they need to exercise to keep their body healthy</li> <li>Has eaten a healthy, balanced diet</li> <li>Understands how moving and resting are good for their bodies</li> <li>Has been physically active</li> <li>Knows which food are healthy and not so healthy and can make healthy eating choices</li> <li>Has tried to keep themselves and others safe</li> <li>Knows how to help themselves go to sleep and understand why sleep is good for them</li> <li>Knows how to be a good friend and enjoy healthy relationships</li> <li>Can wash their hands thoroughly and understands why this is important especially before they eat and after they go to the toilet</li> <li>Knows how to keep calm and deal with difficult situations</li> <li>Knows what a stranger is and how to stay safe if a stranger approaches them</li> </ul> <p><b><u>Relationships (Summer Term)</u></b></p> <ul style="list-style-type: none"> <li>Knows how to make friends</li> <li>Can identify some of the jobs they do in their family and how they feel like they belong</li> <li>Tries to solve friendship problems when they arise</li> <li>Knows how to make friends to stop themselves from feeling lonely</li> <li>Helps others to feel part of a group</li> <li>Can think of ways to solve problems and stay friends</li> <li>Shows respect in how they treat others</li> <li>Starting to understand the impact of unkind words</li> <li>Knows how to help themselves and others when they feel upset and hurt</li> <li>Can use 'Calm Me' time to manage my feelings</li> <li>Knows and shows what makes a good relationship</li> <li>Knows how to be a good friend</li> </ul> <p><b><u>Changing Me (Summer Term)</u></b></p> <ul style="list-style-type: none"> <li>Understands that everyone is unique and special</li> <li>Can name parts of the body</li> <li>Can express how they feel when change happens</li> <li>Can tell you some things that they can do and foods they can eat to be healthy</li> <li>Understands and respects the changes that they see in themselves</li> <li>Understands that we all grow from babies to adults</li> <li>Understands and respects the changes that they see in other people</li> <li>Can express how they feel about moving to Year 1</li> <li>Knows who to ask for help if they are worried about change</li> <li>Can talk about their worries and/or the things they are looking forward to about being in Year 1</li> <li>Are looking forward to change</li> <li>Can share their memories of the best bits of this year in Reception</li> </ul>

Year 1	<p><b><u>Healthy Me (Spring Term)</u></b></p> <p>understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</p> <p>know how to make healthy lifestyle choices and feel good when I make them</p> <p>know how to keep myself clean and healthy, and understand how germs cause disease/illness</p> <p>know that all household products including medicines can be harmful if not used properly</p> <p>understand that medicines can help me if I feel poorly and I know how to use them safely</p> <p>know some ways to help myself when I feel poorly</p> <p>Know how to keep safe when crossing the road, and about people who can help me to stay safe</p> <p>Recognise when I feel frightened and know who to ask for help</p> <p>Tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</p> <p>Recognise how being healthy helps me to feel happy</p> <p><b><u>Relationships (Summer Term)</u></b></p> <p>Identify the members of my family and understand that there are lots of different types of families</p> <p>Know how it feels to belong to a family and care about the people who are important to me</p> <p>Identify what being a good friend means to me</p> <p>Know how to make a new friend</p> <p>Know appropriate ways of physical contact to greet my friends and know which ways I prefer</p> <p>Recognise which forms of physical contact are acceptable and unacceptable to me</p> <p>Know who can help me in my school community</p> <p>Know when I need help and know how to ask for it</p> <p>Recognise my qualities as person and a friend</p> <p>Know ways to praise myself</p> <p><b><u>Changing Me (Summer Term)</u></b></p> <p>Starting to understand the life cycles of animals and humans</p> <p>Understand that changes happen as we grow and that this is OK</p> <p>Tell you some things about me that have changed and some things about me that have stayed the same</p> <p>Know that changes are OK and that sometimes they will happen whether I want them to or not</p> <p>Tell you how my body has changed since I was a baby</p> <p>Understand that growing up is natural and that everybody grows at different rates</p> <p>Identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</p> <p>Respect my body and understand which parts are private</p> <p>Understand that every time I learn something new I change a little bit</p> <p>Tell you about changes that have happened in my life</p> <p>Know some ways to cope with change</p>
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Year 2	<p><b><u>Healthy Me (Spring Term)</u></b></p> <p>Know what I need to keep my body healthy &amp; be motivated to make healthy lifestyle choices</p> <p>Show or tell you what relaxed means and know some things that make me feel relaxed and some that make me feel stressed</p> <p>Tell you when a feeling is weak and when a feeling is strong</p> <p>Understand how medicines work in my body and how important it is to use them safely</p> <p>Feel positive about caring for my body and keeping it healthy</p> <p>Sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</p> <p>Have a healthy relationship with food and know which foods I enjoy the most, which foods give my body energy &amp; which are the most nutritious</p> <p>Make some healthy snacks and explain why they are good for my body</p> <p><b><u>Relationships (Summer Term)</u></b></p> <p>Identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</p> <p>Accept that everyone's family is different and understand that most people value their family</p> <p>Understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p>Know which types of physical contact I like and don't like and can talk about this</p> <p>Identify some of the things that cause conflict with my friends and demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends</p> <p>Understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>Know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</p> <p>Recognise and appreciate people who can help me in my family, my school and my community</p> <p>Understand how it feels to trust someone</p> <p>Express my appreciation for the people in my special relationships and I am comfortable accepting appreciation from others</p> <p><b><u>Changing Me (Summer Term)</u></b></p> <p>Recognise cycles of life in nature</p> <p>Understand there are some changes that are outside my control and can recognise how I feel about this</p> <p>Tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p>Identify people I respect who are older than me</p> <p>Recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>Feel proud about becoming more independent</p> <p>Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private</p> <p>Tell you what I like/don't like about being a boy/girl</p> <p>Understand there are different types of touch and can tell you which ones I like and don't like</p> <p>Confidently say what I like and don't like and can ask for help</p> <p>Identify what I am looking forward to when I move to my next class</p> <p>Start to think about changes I will make when I am in Year 3 and know how to go about this</p>
Year 3	<b><u>(Healthy Me (Spring Term))</u></b>

	<p>Understand how exercise affects my body and know why my heart and lungs are such important organs</p> <p>Set myself a fitness challenge</p> <p>Know that the amount of calories, fat and sugar I put into my body will affect my health</p> <p>Identify how I feel towards drugs</p> <p>Identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help</p> <p>Express how being anxious or scared feels</p> <p>Identify when something feels safe or unsafe</p> <p>Take responsibility for keeping myself and others safe</p> <p>Respect my body &amp; understand how complex it is and how important it is to take care of it</p> <p><b><u>Relationships (Summer Term)</u></b></p> <p>Identify the roles and responsibilities of each member of my family and reflect on the expectations for males and females</p> <p>Describe how taking some responsibility in my family makes me feel</p> <p>Identify and put into practice some of the skills of friendship eg. taking turns, being a good listener</p> <p>Know how to negotiate in conflict situations to try to find a win-win solution</p> <p>Know and can use some strategies for keeping myself safe online</p> <p>Know who to ask for help if I am worried or concerned about anything online</p> <p>Explain how some of the actions and work of people around the world help and influence my life show an awareness of how this could affect my choices</p> <p>Understand how my needs and rights are shared by children around the world and can identify how our lives may be different</p> <p>Empathise with children whose lives are different to mine and appreciate what I may learn from them</p> <p>Know how to express my appreciation to my friends and family</p> <p>Enjoy being part of a family and friendship groups</p> <p><b><u>Changing Me (Summer Term)</u></b></p> <p>Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby</p> <p>Understand how babies grow and develop in the mother's uterus</p> <p>Understand what a baby needs to live and grow</p> <p>Express how I might feel if I had a new baby in my family</p> <p>Identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>Recognise how I feel about these changes happening to me and know how to cope with them identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up</p> <p>Recognise how I feel about these changes happening to me and know how to cope with these feelings</p> <p>Start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>Express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p> <p>Identify what I am looking forward to when I move to my next class start to think about changes I will make next year and know how to go about this</p>
<b>Year 4</b>	<p><b><u>Healthy Me (Spring Term)</u></b></p> <p>Know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p>

	<p>Make an informed decision about whether or not I choose to smoke and know how to resist pressure</p> <p>Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p> <p>Make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p> <p>Know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations</p> <p>Know how to keep myself calm in emergencies</p> <p>Understand how the media, social media and celebrity culture promotes certain body types</p> <p>Reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p> <p>Describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures</p> <p>Respect and value my body</p> <p>Know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p> <p>Be motivated to keep myself healthy and happy</p> <p><b><u>Relationships (Summer Term)</u></b></p> <p>Recognise situations which can cause jealousy in relationships</p> <p>Identify feelings associated with jealousy and suggest strategies to problem-solve when this happens</p> <p>Identify someone I love and express why they are special to me</p> <p>Know how most people feel when they lose someone or something they love</p> <p>Tell you about someone I know that I no longer see and understand that we can remember them even if we no longer see them</p> <p>Recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>Know how to stand up for myself and how to negotiate and compromise</p> <p>understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend</p> <p>Know how to show love and appreciation to the people and animals who are special to me</p> <p>Love and be loved</p> <p><b><u>Changing Me (Summer Term)</u></b></p> <p>Understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p> <p>Appreciate that I am a truly unique human being</p> <p>Correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>Understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p> <p>Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>Have strategies to help me cope with the physical and emotional changes I will experience during puberty</p> <p>Know how the circle of change works and can apply it to changes I want to make in my life</p> <p>Be confident enough to try to make changes when I think they will benefit me</p> <p>Identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>Express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p> <p>Identify what I am looking forward to when I move to a new class I can reflect on the changes I would like to make next year and can describe how to go about this</p>
<b>Year 5</b>	<p><b><u>Healthy Me (Spring Term)</u></b></p> <p>Know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.</p> <p>Make an informed decision about whether or not I choose to smoke and know how to resist pressure</p> <p>Know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart</p>

	<p>Make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p> <p>Know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations I know how to keep myself calm in emergencies</p> <p>Understand how the media, social media and celebrity culture promotes certain body types</p> <p>Reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p> <p>Describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures I respect and value my body</p> <p>Know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy</p> <p>Be motivated to keep myself healthy and happy</p> <p><b><u>Relationships (Summer Term)</u></b></p> <p>Have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>Know how to keep building my own self-esteem</p> <p>Understand that belonging to an online community can have positive and negative consequences</p> <p>Recognise when an online community feels unsafe or uncomfortable</p> <p>Understand there are rights and responsibilities in an online community or social network</p> <p>Recognise when an online community is helpful or unhelpful to me</p> <p>Know there are rights and responsibilities when playing a game online</p> <p>Recognise when an online game is becoming unhelpful or unsafe</p> <p>Recognise when I am spending too much time using devices (screen time)</p> <p>Identify things I can do to reduce screen time, so my health isn't affected</p> <p>Explain how to stay safe when using technology to communicate with my friends</p> <p>Recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</p> <p><b><u>Changing Me (Summer Term)</u></b></p> <p>Be aware of my own self-image and how my body image fits into that</p> <p>Know how to develop my own self esteem</p> <p>Explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>Understand that puberty is a natural process that happens to everybody and that it will be ok for me</p> <p>Describe how boys' and girls' bodies change during puberty</p> <p>Express how I feel about the changes that will happen to me during puberty</p> <p>Understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>Understand that sometimes people need IVF to help them have a baby</p> <p>Appreciate how amazing it is that human bodies can reproduce in these ways</p> <p>Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>Be confident that I can cope with the changes that growing up will bring</p> <p>Identify what I am looking forward to when I move to my next class.</p> <p>Think about changes I will make next year and know how to go about this.</p>
<b>Year 6</b>	<p><b><u>Healthy Me (Spring Term)</u></b></p> <p>Take responsibility for my health and make choices that benefit my health and well-being</p> <p>Be motivated to care for my physical and emotional health</p>

Know about different types of drugs and their uses and their effects on the body particularly the liver and heart  
Be motivated to find ways to be happy and cope with life's situations without using drugs  
Understand that some people can be exploited and made to do things that are against the law  
Suggest ways that someone who is being exploited can help themselves  
Know why some people join gangs and the risks this involves  
Suggest strategies someone could use to avoid being pressurised  
Understand what it means to be emotionally well and explore people's attitudes towards mental health/illness  
Know how to help myself feel emotionally healthy and recognise when I need help with this  
Recognise stress and the triggers that cause this and understand how stress can cause drug and alcohol misuse.  
Use different strategies to manage stress and pressure

**Relationships (Summer Term)**

Know that it is important to take care of my mental health  
Understand that people can get problems with their mental health and that it is nothing to be ashamed of  
Know how to take care of my mental health  
Help myself and others when worried about a mental health problem  
Understand that there are different stages of grief and that there are different types of loss that cause people to grieve  
Recognise when I am feeling those emotions and have strategies to manage them  
Recognise when people are trying to gain power or control  
Demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control  
Judge whether something online is safe and helpful for me  
Resist pressure to do something online that might hurt myself or others  
Use technology positively and safely to communicate with my friends and family I can take responsibility for my own safety and well-being

**Changing Me (Summer Term)**

Be aware of my own self-image and how my body image fits into that  
Know how to develop my own self esteem  
Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally  
Express how I feel about the changes that will happen to me during puberty  
Describe how a baby develops from conception through the nine months of pregnancy, and how it is born  
Recognise how I feel when I reflect on the development and birth of a baby  
Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend  
Understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to  
Be aware of the importance of a positive self-esteem and what I can do to develop it  
Express how I feel about my self-image and know how to challenge negative 'body-talk'  
Identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.  
Know how to prepare myself emotionally for the changes next year.