

RSE Curriculum Summary

As a result of changes to government guidelines on the teaching of PSHE and RSE, we have reviewed and updated our curriculum to meet the statutory requirements. Please find below, an outline of the curriculum content for each year group. You will also find attached a vocabulary list to show when the correct terminology will be taught.

	Autumn	Spring	Summer
Year 1	<p>Relationships Learning about ourselves and others, similarities and differences; individuality and our bodies. This includes using the correct names for the main parts of the body, including genitalia and parts of the body which are private.</p>	<p>Health and wellbeing Being healthy; hygiene; medicine and people who help us with health</p> <p>Living in the wider world Money; making choices; needs and wants.</p>	<p>Health and Wellbeing Keeping safe; people who help us. This includes talking about emergencies and dialling 999.</p> <p>Living in the wider world Ourselves and others; the world around us; caring for others; growing and changing.</p>
Year 2	<p>Relationships Friendships; feeling lonely and managing arguments, bullying; words and actions and respect for others.</p>	<p>Living in the wider world People and jobs; money; the role of the internet. This includes looking at internet safety.</p> <p>Health and Wellbeing Keeping safe; recognising risks and rules. This includes seeking help and support if they feel pressured or in danger.</p>	<p>Health and wellbeing Being healthy; eating, drinking, playing and sleeping; feelings, mood, times of change. This will include dealing with bereavement and loss.</p>
Year 3	<p>Relationships Friendships; making positive friendships, managing loneliness, dealing with arguments.</p> <p>Health and Wellbeing Keeping safe at home and school; our bodies; hygiene; medicine and household products. This will include understanding that our body should not be hurt or touched without permission and knowing what to do if they feel uncomfortable. It will also include learning about calling for help in an emergency (making a 999 call)</p>	<p>Relationships Families; family life and caring for others This will include looking at different family structures including single parents, same sex parents, step parents, blended families, foster and adoptive parents.</p> <p>Living in the wider world Community; belonging to groups; similarities and differences and respect for others.</p>	<p>Health and Wellbeing Being healthy; eating well and dental care; being healthy; keeping active and taking rest.</p>

Year 4	<p>Health and Wellbeing Self esteem; self worth; personal qualities; goal setting; managing setbacks.</p> <p>Relationships Respect for self and others; courteous behaviour; safety and rights. This will include looking at the rights of the child and how to protect these rights.</p>	<p>Health and Wellbeing Feelings and emotions; expression of feelings and behaviour; growing and changing and puberty. This will include learning about menstruation and how it affects the body and emotions. It also includes learning about erections and wet dreams.</p>	<p>Living in the wider world Caring for others; the environment and animals; shared responsibilities; making choices and decisions.</p> <p>Health and wellbeing Recognising and managing risks.</p>
Year 5	<p>Health and wellbeing Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes. This will include looking at gender identity and how this may not correspond to biological sex.</p> <p>Living in the wider world Money; spending and saving</p>	<p>Health and wellbeing Basic first aid; accidents and dealing with emergencies. This will include looking at how to treat burns, scalds, cuts and choking.</p> <p>Relationships Friendships; becoming independent and online safety.</p>	<p>Health and wellbeing Drugs, alcohol and tobacco; healthy habits. This will include learning that some drugs are legal and some are illegal.</p> <p>Living in the wider world Careers; aspirations; role models; looking to the future.</p>
Year 6	<p>Health and wellbeing Looking after ourselves; growing up; becoming independent; taking more responsibility. This will include learning about mental health and how to deal with mental health issues. It will also include learning about how legal and illegal drugs can affect health and how our bodies belong to us and should not be harmed in any way.</p>	<p>Living in the wider world Media literacy and digital resilience; influences and decision-making; online safety.</p>	<p>Relationships Different relationships, changing and growing adulthood; independence, moving to secondary school. This will include learning about different relationships including marriage and civil partnerships.</p> <p>*This will also include learning about how babies are conceived and born and that there are ways of preventing a baby being made.</p>

*This is part of sex educations and parents will be offered the right to withdraw at the time of teaching.