

Whole School RSHE Overview

Foundation Stage and Early Years	<u>Autumn 1:</u> <u>Me and my relationships</u>	<u>Autumn 2</u> <u>Valuing difference</u>	<u>Spring 1</u> <u>Keeping safe</u>	<u>Spring 2</u> <u>Rights and respect</u>	<u>Summer 1</u> <u>Being my best</u>	<u>Summer 2</u> <u>Growing and changing</u>
Reception (Early Years)	Knowing what makes us special. Naming special people in our lives. Who can help me? Naming different feelings.	Saying why others are special. Recognising and celebrating differences and similarities. Exploring different family structures. How to be kind and caring.	Keeping ourselves safe. Knowing what should and shouldn't go in our bodies. Being safe indoors and outdoors. People who keep us safe.	Looking after our friends. Being helpful at home and at school. Caring for our world. Recognising coins and money and how it can be spent.	Learning what to do if something doesn't go right. Healthy eating. Moving and growing. Good sleep.	Changing seasons. Life stages and cycles of animals, plants and humans. Knowing everyone is born as a baby and grows. Naming basic body parts.
KS1						
Year One	Understanding the importance of rules. Developing listening skills. Identifying and naming 'big feelings'. How feelings can make us feel inside. How to be a friend.	Identifying what makes us the same and different. Valuing differences in others. Knowing what is kind and unkind. Naming our special people and how they help us.	Why sleep is good for us. Who can help us? Understanding what touch is good and bad. Dealing with the loss of favoured items/toys.	How to cope with a 'bad day'. Moving around school safely. How to take care of things. Looking after our money. Basic first aid skills.	Eating well- fruits and vegetables. Washing our hands to keep germs away. Importance of brushing teeth. Learning new skills.	Keeping our bodies healthy. How we have changed since being babies. Surprises and secrets- what's the difference? Keeping privates private (Using NSPCC's 'Let's talk pants' resources).
Year Two	Our ideal classroom. Identifying how are are feeling and sharing that. How to be happy with ourselves. Types of bullying and how to be a friend.	Understanding what makes us who we are. How do others make me feel? How to help someone feeling left out. Solving problems without giving up.	Feeling safe- how to know if we are feeling safe and what to do if we feel unsafe. Who we can talk to in these situations. How to speak out if we feel uncomfortable or worried.	Getting on with others- how to address friendships issues positively. How to cope with 'big feelings'- strategies. Looking after the environment.	Encouraging ourselves and others. Structuring our days and routines. How to keep clean and healthy. What our bodies need to be healthy. Basic first aid skills.	How to help others. Dealing with changes in our lives. Knowing how our bodies may begin to change or grow. Respecting privacy.

Lower KS2						
Year Three	Naming rules in our lives and knowing why they exist. Solving problems by working as a team. Knowing our friends are special. Dealing with peer pressure.	Respecting others and ourselves. Exploring the community around us. Celebrating our differences.	Online safety- what risks are there online? How can we deal with them and who can help us? Using search engines safely and respectfully. Keeping ourselves safe (some information about dangers of alcohol and cigarettes).	Helping each other to remain safe. Helping others in the community and wider world. Earning and spending money. An environmental project.	Identifying healthy and unhealthy foods. Recognising when we are unwell and knowing that some medicines can help us feel better. Recognising our talents and strengths.	Creating a relationship tree. Personal space and respecting it. Secrets or surprise? How can we tell the difference? Basic first aid skills.
Year Four	Exploring different feelings. How to deal with changing feelings within friendships. Dealing with peer pressure confidently and safely.	Sorting differences and problems. Understanding the diversity in the world and celebrating it. What is a stereotype?	Dangers, risks and hazards- how to identify them and keep ourselves safe. Saying 'no' to dares. Importance of careful medicine use.	Rights and responsibilities. How can we make a difference in the world? What might money have to be spent on? (e.g., bills, expenses).	What makes me, me? Making sensible choices and decision-making. Being part of the school community. Basic first aid skills.	Dealing with changes such as moving house. Why our feelings might change in different situations and strategies to cope with this. Emotional changes as we grow up. Working together to feel better.

Upper KS2						
Year Five	Working collaboratively. How to give and take in friendships. Positive and effective communication skills. Knowing what makes a good friend. How to be assertive.	Qualities of friendships and other relationships in our lives. How to be happy within ourselves. Recognising and challenging stereotypes. Understanding what discrimination is.	How to spot bullying. Playing together respectfully. Decision-making. How to keep ourselves safe from external risks (e.g., bad habits, dangers, medicines/drugs).	Facts and opinions- what's the difference? Facts and opinions in the media. Spending money wisely. Borrowing and lending money. How local councils work.	Identifying our skills and talents. Looking ahead to future possible careers. Becoming more independent and responsible. Basic first aid skills (including Sepsis awareness).	Identifying and articulating how we are feeling and why. The importance of taking note of our feelings. Giving advice to those struggling. Growing up- what will change? Sex Education: Growing up and changing bodies. Changing bodies and feelings (Boys and girls split session).
Year Six	Working together to solve problems. Negotiation skills when conversations or friendships go wrong. Developing our communication and assertiveness skills. Acting appropriately.	Knowing that it is okay to be different. Identifying similarities. Tolerance and respect in school, the community and the wider world. Challenging gender stereotypes safely.	E- Safety link: thinking before we click on links. Knowing what is safe and appropriate to share online or via technology. Identifying different types of medicine/drugs. Laws around alcohol and medicines.	Looking at the worth of money. Jobs and taxes. How to spend and save money. Democracy in Britain- elections and how laws are made.	What might my life look like? Identifying risks around us and how to keep safe. Basic first aid skills. Wellbeing project.	Avoiding or dealing with pressures via technology/the media. Understanding that not everything we see online is true. Self-confidence. Managing change. Sex Education: How our bodies might change and what is 'normal'. How babies are conceived and develop.