

RSHE Curriculum Plan

By the end of studying RSHE at Beechwood Primary School, children will be able to talk about the following themes which they cover through the Kapow Primary Scheme of work:

- **Family and relationships:** family, friendships, respectful relationships, change and loss
- **Health and wellbeing:** health and prevention, physical health and wellbeing and mental wellbeing
- **Safety and the changing body:** being safe including online, drugs alcohol and tobacco, the changing adolescent body and basic first aid
- **Citizenship:** including British Values
- **Economic wellbeing:** jobs, income, expenditure
- **Transition:** recognising strengths and achievements and setting goals

Units and End Points

	Autumn	Spring	Summer
EYFS	<u>Self-regulation; My feelings</u> Children learn to explore and understand their feelings, identify when they may be feeling something, and begin to learn how to communicate and cope with their feelings and emotions.	<u>Building relationships; Special relationships</u> Children learn to explore why families and special people are valuable, understand why it is important to share and develop strategies, see themselves as valuable individual and explore diversity through thinking about similarities and differences.	<u>Managing self; Taking on challenges</u> Children will understand why we have rules, the importance of persistence and perseverance in the face of challenges, learn how to communicate effectively with others, practice 'grounding' coping strategies, and learn new skills that will help them show resilience and perseverance in the face of challenge.

	<u>Self-regulation; Listening and following instructions</u> Children will learn why it is important to be an honest, thoughtful, resilient and active listener who can respond to instructions and how they can become one.	<u>Building relationships; My family and friends</u> Children will learn how we all have different beliefs and celebrations, what characteristics make a good friend, and how we need to listen to one and other.	<u>Managing self; My wellbeing</u> Children will learn to look after their wellbeing through exercise, meditation, a balanced diet and care for themselves.
Year 1	<u>Family and relationships</u> To understand that families look after us. To know some words to describe how people are related (eg. aunty, cousin). To know that some information about me and my family is personal. To understand some characteristics of a positive friendship. To understand that friendships can have problems but that these can be overcome. To know that it is called stereotyping when people think of things as being 'for boys' or 'for girls' only.	<u>Health and wellbeing</u> To understand we can limit the spread of germs by having good hand hygiene. To know the five S's for sun safety. Slip; Slop; Slap; Shade and Sunglasses To know that certain foods and other things can cause allergic reactions in some people. To know that sleep helps my body to repair itself, to grow and restores my energy To know that strengths are things we are good at. To know that qualities describe what we are like. To know the words to describe some positive and negative emotions.	<u>Safety and the changing body</u> To know that some types of physical contact are never appropriate. To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure. To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that the emergency services are the police, fire service and the ambulance service.
	<u>Citizenship</u> To know the rules in school. To understand that people are all different	<u>Economic wellbeing</u> To know that people use money to buy things, including things they	<u>Transition</u> To understand that changes can be both positive and negative.

		need and things they want. To know that coins and notes are types of money and have different values. To know that notes are higher in value than coins.	
Year 2	<u>Family and relationships</u> To know that families can be made up of different people. To know that families may be different to my family. To know some problems which might happen in friendships. To understand that some problems in friendships might be more serious and need addressing. To understand what good manners are. To understand some stereotypes related to jobs. To know that there are ways we can remember people or events	<u>Health and wellbeing</u> To know that food and drinks with lots of sugar are bad for our teeth. To understand the balance of foods we need to keep healthy. To know that we can feel more than one emotion at a time. To know that a growth mindset means being positive about challenges and finding ways to overcome them.	<u>Safety and the changing body</u> To know the PANTS rule. To know that I should tell an adult if I see something which makes me uncomfortable online. To understand the difference between secrets and surprises. To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can To know the names of parts of my body including private parts.
	<u>Citizenship</u> To know some of the different places where rules apply. To know that some rules are made to be followed by everyone and are known as 'laws'. To understand that everyone has similarities and differences.	<u>Economic wellbeing</u> To know some basic needs for survival, such as food, water and shelter. To know that saving money is when we keep some money and don't spend it straight away.	<u>Transition</u> To understand that change is part of life.
Year 3	<u>Family and relationships</u>	<u>Health and wellbeing</u>	<u>Safety and the changing body</u>

	<p>To know that I can talk to trusted adults or services such as Childline if I experience family problems.</p> <p>To know that bullying can be physical or verbal.</p> <p>To know that bullying is repeated, not a one off event.</p> <p>To know that violence is never the right way to solve a friendship problem</p> <p>To know that trust is being able to rely on someone and it is an important part of relationships.</p> <p>To understand that there are similarities and differences between people.</p>	<p>To understand ways to prevent tooth decay.</p> <p>To know the different food groups and how much of each of them we should have to have a balanced diet</p> <p>To understand the importance of belonging.</p> <p>To understand what a problem or barrier is and that these can be overcome.</p>	<p>To understand that cyberbullying is bullying which takes place online.</p> <p>To know the rules for being safe near roads.</p> <p>To understand that other people can influence our choices.</p> <p>To know that it is important to maintain the safety of myself and others, before giving first aid.</p>
	<p><u>Citizenship</u></p> <p>To understand the UN Convention on the Rights of the Child.</p> <p>To know that the local council is responsible for looking after the local area.</p> <p>To know that elections are held where adults can vote for local councillors.</p> <p>To understand the role of charities in the community.</p>	<p><u>Economic wellbeing</u></p> <p>To know that spending should be based on necessity, importance, and available budget.</p> <p>To know that budgetting is planning how to spend and save the money that you have available.</p> <p>To know that different jobs contribute to our society in different ways.</p>	<p><u>Transition</u></p> <p>To understand that change often brings about more opportunities and responsibilities.</p>
Year 4	<p><u>Family and relationships</u></p> <p>To understand the different roles related to bullying including victim, bully and bystander.</p> <p>To understand that everyone has the right to decide what happens to their body.</p> <p>To understand the courtesy and manners which are expected in different scenarios.</p>	<p><u>Health and wellbeing</u></p> <p>To know key facts about dental health.</p> <p>To know that it is normal to experience a range of emotions.</p> <p>To know that mental health refers to our emotional wellbeing, rather than physical.</p> <p>To understand that mistakes can help us to learn.</p>	<p><u>Safety and the changing body</u></p> <p>To understand that there are risks to sharing things online.</p> <p>To know the difference between private and public.</p>

	<p>To understand some stereotypes related to disability.</p> <p>To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</p>	<p>To know who can help if we are worried about our own or other people's mental health.</p>	<p>To understand the risks associated with smoking tobacco.</p> <p>To understand the physical changes to both male and female bodies as people grow from children to adults.</p>
	<p><u>Citizenship</u></p> <p>To know that human rights are specific rights that apply to all people.</p> <p>To know some of the people who protect our human rights such as police, judges and politicians.</p> <p>To know that there are a number of groups which make up the local community.</p>	<p><u>Economic wellbeing</u></p> <p>To know that getting value for money involves considering the cost, usefulness and quality of items.</p> <p>To know that purchases can be influenced by needs, wants, peer pressure and advertising.</p>	<p><u>Transition</u></p> <p>To know that setting goals can help us to achieve what we want.</p>
Year 5	<p><u>Family and relationships</u></p> <p>To know that marriage is a legal commitment and is a choice people can make.</p> <p>To know that if I have a problem, I can call ChildLine.</p> <p>To understand what might lead to someone bullying others.</p> <p>To know what action a bystander can take when they see bullying.</p> <p>To know that stereotypes can be unfair, negative and destructive.</p> <p>To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</p>	<p><u>Health and wellbeing</u></p> <p>To understand the risks of sun exposure.</p> <p>To know that calories are the unit that we use to measure the amount of energy certain foods give us.</p> <p>To know that what we do before bed can affect our sleep quality</p>	<p><u>Safety and the changing body</u></p> <p>To know the steps to take before sending a message online (using the THINK mnemonic).</p> <p>To know some of the possible risks online.</p> <p>To know some strategies I can use to overcome pressure from others and make my own decisions.</p> <p>To understand the process of the menstrual cycle.</p> <p>To know the names of the external sexual parts of the body and the internal reproductive organs.</p> <p>To know that puberty happens at different ages for different people.</p> <p>To know how to assess a casualty's condition.</p>

	<u>Citizenship</u> To know what happens when someone breaks the law. To know that parliament is made up of the House of Commons, the House of Lords and the Monarch. To know that parliament is where MPs debate issues, propose laws, amend existing laws and challenge the government's work.	<u>Economic wellbeing</u> To know that they should be cautious about sharing financial information.	<u>Transition</u> To understand the skills needed for roles in school.
Year 6:	<u>Family and relationships</u> To know that a conflict is a disagreement or argument and can occur in friendships. To understand the concepts of negotiation and compromise. To understand what respect is. To understand that everyone deserves respect but respect can be lost. To understand that stereotypes can lead to bullying and discrimination. To understand that loss and change can cause a range of emotions. To know that grief is the process people go through when someone close to them dies.	<u>Health and wellbeing</u> To understand that vaccinations can give us protection against disease. To know that changes in the body could be possible signs of illness. To understand that a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). To understand that a number of factors contribute to my mental health (Diet, exercise, rest/relaxation). To know the effects technology can have on mental health.	<u>Safety and the changing body</u> To understand that online relationships should be treated in the same way as face to face relationships. To know where to get help with online problems. To understand the risks associated with drinking alcohol. To know the changes that happen during puberty. To know how to conduct a primary survey (using DRSABC)
	<u>Citizenship</u> To know that education is an important human right. To know that the prime minister appoints 'ministers' who have responsibility for different areas, such as healthcare and education.	<u>Economic wellbeing</u> To know that a career route is the path you take to have a particular career and the qualifications and experience you have to gain along the way.	<u>Transition</u> To know that a big change can bring opportunities but also worries. <u>Identity</u>

	<p>To know that prejudice is making assumptions about someone based on certain information.</p> <p>To know that discrimination is treating someone differently because of certain factors.</p>		<p>To know that identity is the way we see ourselves and also how other people see us.</p>
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