



**RSE
Curriculum**

Communication

Collaboration

Curiosity

Relationships and Sex Education Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Whole School Topic	Living in the Wider World	Living in the Wider World	Health and Wellbeing	Health and Wellbeing (Year 6 - Relationships)	Relationships	Relationships (Year 6 – Health and Wellbeing)
Nursery	Ourselves and others, our bodies, staying safe, the community, what's around us?					
Reception	Ourselves and others, friendships and relationships, my body and me, staying safe, the world, jobs and money, growing and changing.					
Year 1	Rights and Responsibilities -Class Charter -Everyone is unique in some ways and different in others Money -Where does money come from?	Environment -How to look after the environment	Healthy Lifestyle (Physical Health) -Diet, exercise, sleep -Hygiene, medicine -People who keep us healthy Keeping Safe -Rules, everyday risks -Keeping safe at home and in unfamiliar environments	Ourselves, growing and changing -What makes us special -Ways we are all unique -To manage when finding things difficult	Friendships -How people make friends -What makes a good friend -Feeling lonely -Managing conflict -What to do if a friendship makes you unhappy	Managing hurtful behaviour and bullying -Words and actions can hurt people and bodies -Offline and online Respecting Self and Others -Kind / Unkind words -Cooperating and respecting others
Year 2	Rights and Responsibilities -Class Charter -How to respect the rights and needs of others -Communities Money -Saving and spending	Environment -How to look after the environment	Mental Health -Range of emotions -Impact on body -Things that make us feel good -Managing big feelings -Change and loss Keeping Safe -Online -People who help us -Emergencies -Substances	Ourselves, growing and changing -Name main parts of body (inc. external genitalia) -Growing and changing from young to old	Families and Close Positive Relationships -People in our lives -Different kinds of families -Family Life -What if your family makes you worried	Safe Relationships -Privacy -Online and offline -People you do not know -Asking for help if you need it -Saying no -Pressure / permission

<p>Year 3</p>	<p>Rights and Responsibilities -Class Charter -Your role as part of a wider community</p> <p>Money -What does enterprise mean? Develop your enterprise skills</p>	<p>Environment -Rights and responsibilities regarding the environment</p>	<p>Healthy Lifestyle (Physical Health) -Balanced and healthy lifestyle -Diet, exercise and sleep -Hygiene routines -Oral Hygiene -Medicines -Sun Exposure -Health concerns</p>	<p>Ourselves, growing and changing -Personal identity -Personal qualities and strengths</p> <p>Keeping Safe -Rules and restrictions to promote personal wellbeing</p>	<p>Friendships -Building friendships -Positive and healthy friendships -Inclusive friendships</p>	<p>Managing hurtful behaviour and bullying -Bullying on and offline -Strategies to respond to hurtful words and bullying</p> <p>Respecting Self and Others Respecting others on and offline</p>
<p>Year 4</p>	<p>Rights and Responsibilities -Class Charter -Appreciate diversity in the UK</p> <p>Money -What does enterprise mean? Develop your enterprise skills</p>	<p>Environment -Sustainability of the environment across the world</p>	<p>Mental Health -Recognise mental health is part of everyday life -Strategies to support mental health -Varied vocabulary and responses for a range of feelings</p>	<p>Ourselves, growing and changing -Self Worth -Managing failure and setbacks</p> <p>Keeping Safe -Hazards -Medicines -Familiar / unfamiliar environments</p>	<p>Families and Close Positive Relationships -Different types of relationships -Emotional and sexual attraction -Gender identity and sexuality identity -Marriage -Forcing marriage is a crime</p>	<p>Safe Relationships -Privacy and personal boundaries -Types of physical contact -Consent -Online relationships</p>
<p>Year 5</p>	<p>Rights and Responsibilities -Rules and laws -Changing rules and laws -Anti-social behaviour and resolving differences</p> <p>Money -Importance of finance -Loans, debts, managing money</p>	<p>Environment -Rights and responsibilities regarding the environment</p>	<p>Healthy Lifestyle (Physical Health) -Balanced and healthy lifestyle -Diet, exercise and sleep -Hygiene routines -Oral Hygiene -Medicines -Sun Exposure -Health concerns</p>	<p>Ourselves, growing and changing -Personal identity (family, gender, faith etc.) -Gender identity and sexual identity -Physical and emotional changes due to puberty (inc. menstruation)</p> <p>Keeping Safe -Keeping personal information private -Emergency situations</p>	<p>Friendships -Online friendships -Asking for support -Healthy friendships -Friendships changing over time</p>	<p>Managing hurtful behaviour and bullying -About discrimination</p> <p>Respecting Self and Others -Self respect -Respecting similarities and differences between people and discussing / debating respectfully</p>

<p>Year 6</p>	<p>Rights and Responsibilities -Human rights as well as Rights of the Child -Being part of a community -Cultural practise and British law -Being critical of the media</p> <p>Money -How to set up your own enterprise</p>	<p>Environment -How resources are allocated -Effect of this on individuals -Communities and environment</p>	<p>Mental Health -Feelings can change over time as can the intensity -Anyone can experience mental health problems -Recognise the warning signs for mental health -Loss, change, grief and bereavement</p> <p>Drugs, Alcohol and Tobacco -Risks and effects -Laws -Impact of media</p>	<p>Safe Relationships -Privacy and personal boundaries -Types of physical contact -Consent -Online relationships</p> <p>Keeping Safe -FGM -Basic First Aid</p>	<p>Families and Close Positive Relationships -Different kinds of family structures -Characteristics of family life -What do to if family life is making you feel unsafe</p>	<p>Ourselves, growing and changing - Name the external genitalia and internal reproductive organs -Physical and emotional changes due to puberty (inc. menstruation) -Importance of hygiene routines -Processes of reproduction as part of the human birth circle (inc. contraception) <i>(Optional right to withdraw)</i></p>
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