

RSHE Curriculum Coverage

* Please note that although the main learning has been outlined for each area of the RSHE curriculum that there are subjects/topics that will be revisited/built on in subsequent lessons in other areas of RSHE and in other subjects such as PE, PSHE, science and computing.

Families and people who care for me	
Year R	Identify the special people in their lives, what makes them special and how special people care for one another. Know what is meant by support and who and when they can ask for it. Understand who they are connected with and how they can use those connections to help them.
Year 1	Identify the people who are important to them. Know how to be a good friend. Understand why connections are important.
Year 2	Identify the ways in which people and families are unique, understanding there has never been and will never be another them. Recognise the people who can offer support and understand how to get help.
Year 3	Recognise a wide range of relationships, including the attributes of positive, healthy relationships. Understand what is meant by community and who is in their community. Know who they are connected to and how to make friends. Understand why relationships are important.
Year 4	Know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.
Year 5	Identify things they are responsible for. Know how to act responsibly in life. Understand why it is important to be responsible.
Year 6	Understand why a support network is important. Know who to talk to about different kinds of problems.

Caring friendships	
Year R	Understand that there are similarities and differences between everyone and can celebrate this. Know what interactions are, why they are important and how to make the most of them. Know how to show what they like about themselves and others. Identify some of the things that they can achieve.
Year 1	Understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiation.
Year 2	Know the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.
Year 3	Understand what good relationships are. Identify good and bad friendship choices. Recognise ways to be positive and value friendships.
Year 4	Recognise when they may need help to manage a situation and have developed the skills to ask for help.
Year 5	Know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.
Year 6	Understand what connections are and why they are important. Recognise the characteristics of how to be a good friend. Recognise the importance of peer relationships and how they are beneficial.

Respectful relationships	
Year R	<p>Recognise what they like and dislike and feel empowered to make real, informed choices.</p> <p>Understand what is meant by the environment and why the environment matters.</p> <p>Identify what they can do to take care of their environment.</p> <p>Know what is meant by actions and understand why their actions matter.</p> <p>Understand who it is that controls what they do.</p>
Year 1	<p>Identify and respect the differences and similarities between people.</p> <p>Know what is meant by impressions and why personal appearance is important.</p> <p>Understand how to make a good impression when meeting someone.</p>
Year 2	<p>Recognise and celebrate their strengths and achievements and set simple but challenging goals.</p>
Year 3	<p>Challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.</p>
Year 4	<p>Recognise differences and similarities between people arise from a number of factors including family and personal identity.</p>
Year 5	<p>Identify healthy relationships and recognise the skills to manage and maintain healthy relationships.</p>
Year 6	<p>Realise the nature and consequences of discrimination, including the use of prejudice based language.</p>

Online relationships/internet safety and harms	
Year R	<p>Explain what a computer is and identify different types of computers.</p> <p>Understand computers can be used to connect to the internet.</p> <p>Understand the internet is not a real place.</p> <p>Understand that the internet connects computers all around the world.</p> <p>Talk about their own use the internet.</p> <p>Explore websites opened by a trusted adult.</p> <p>Use pictures and words to find information.</p> <p>Know what personal information is and not to share it online.</p> <p>Know to speak to a trusted adult if they are worried about something online.</p> <p>Explain some of the dangers of online apps and games.</p> <p>Know what to do if they get in trouble or feel worried when playing a game.</p> <p>Understand that sometimes things online may make them worried or get overwhelming.</p> <p>Recognise their feelings and know what to do if they feel frustrated or worried online.</p> <p>Identify different ways to stay safe in real life and online.</p> <p>Know what to do if I feel unsafe online.</p> <p>Identify rules which help keep them safe when using the internet.</p> <p>Recognise the different feelings associated with good and bad decisions.</p> <p>Know that they need permission to chat or share photos online.</p> <p>Begin to understand how their actions online may affect others.</p> <p>Recognise ways to stay safe online and recognise what isn't safe.</p>
Year 1	<p>Identify what personal information is and who they can share it with.</p> <p>Recognise why personal information is special.</p> <p>Know what action to take if they feel that they are in danger.</p> <p>Explain which games they enjoy and which they don't.</p> <p>Know what to do if they get into trouble or feel worried when playing a game.</p> <p>Explain some of the dangers of playing online games and apps.</p> <p>Identify different ways to stay safe in real life and online.</p> <p>Know what to do if they don't feel safe online.</p>
Year 2	<p>Talk about how they use the internet.</p> <p>Discover that the internet can be used to visit faraway places and learn new things.</p> <p>Learn how to search online by using the alphabet.</p> <p>Understand how to search for a specified letter of the alphabet on a children's directory site.</p> <p>Know they can visit some exciting places online.</p> <p>Know how to follow certain rules to remain safe online.</p>

	<p>Understand how and who to ask for help if they get stuck or feel worried.</p> <p>Understand that the internet provides a way of communicating with people.</p> <p>Describe how to send an email.</p> <p>Recognise ways people communicate with each other online.</p> <p>Explain how to help someone if they get into trouble online.</p> <p>Know who to tell if they get into trouble whilst using the internet.</p> <p>Understand how online stories can make people feel.</p> <p>Recognise online safety rules which will help them stay safe when using the internet.</p> <p>Know what action to take if they don't follow a rule by mistake.</p>
Year 3	<p>Identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.</p> <p>Understand what e-safety means.</p> <p>Recognise when it is and is not safe online.</p> <p>Compare how staying safe online is similar to staying safe in the real world.</p> <p>Explain and identify rules for travelling safely on the internet.</p> <p>Recognise the importance of not sharing personal details online.</p> <p>Know how to keep personal information safe online.</p> <p>Recognise the dangers of online gaming.</p> <p>Know how to stay safe when using online games and apps.</p>
Year 4	<p>Know that there are different ways to communicate with people online.</p> <p>Understand different communication channels and the positives and negatives of these.</p> <p>Identify how to communicate safely online.</p> <p>Understanding what bullying is and identify incidents of cyberbullying.</p> <p>Know how to keep safe and deal with cyberbullying.</p> <p>Identify different types of situations they may face when online and explore how to deal with them.</p> <p>Know how to be smart online and the dos and don'ts when online.</p>
Year 5	<p>Have strategies for keeping safe online; knowing personal information including images of themselves and others can be shared without their permission.</p> <p>Understand what is meant by e-safety and how they can be smart on the internet.</p> <p>Understand the positive and negative uses of social media.</p> <p>Understand the impact of social media on our behaviour, emotions and lives.</p> <p>Know what cyber-bullying is, be able to identify cyber-bullying and its consequences and learn how to deal with it.</p> <p>Understand what a digital footprint is and explore what information is appropriate to be put online.</p> <p>Understand who to trust about choices and activities online.</p> <p>Know about ways to manage their privacy and reputation online.</p> <p>Identify how to make good choices about sharing content online.</p>
Year 6	<p>Recognise how images in the media, including online do not always reflect reality, and can affect how people feel about themselves.</p> <p>Understand how to show respect online.</p> <p>Understand the difference between online and face to face communication.</p> <p>Understand the rules for communicating online.</p> <p>Recognise the features spam and junk emails and some common online scams.</p> <p>Recognise that online friends may not be who they say they are.</p> <p>Understand ways to chat safely and securely online.</p> <p>Identify signs that screen use has become excessive and know how to take steps toward moderating screen time.</p> <p>Understand the negative impacts of too much time online.</p> <p>Understand what to do when faced with digital dilemmas.</p>

Being safe	
Year R	Understand the concept of privacy, including the right to keep things private and the right another person has to privacy.
Year 1	Identify the people who look after them, who to go to if they are worried and how to attract their attention.

Year 2	Judge what kind of physical contact is acceptable, comfortable and uncomfortable and how to respond.
Year 3	Understand the right to protect their body from unwanted touch.
Year 4	Judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.
Year 5	Consider how to manage accidental exposure upsetting online material, including who to talk to about what they have seen.
Year 6	Develop the confidence and skills to know when, who and how to ask for help independently, or with support. Understand what County Lines is and recognise the ways that people may try to coerce or influence them.

My body/changing adolescent body	
Year R	Name the main parts of the body and be able to locate them.
Year 1	Correctly name the main parts of the body (including external genitalia) using scientific terms.
Year 2	Recognise how they grow and will change as they become older.
Year 3	Know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.
Year 4	Reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.
Year 5	Anticipate how their body may change as they approach and move through puberty.
Year 6	Explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.

Mental wellbeing	
Year R	Identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings. Explore why talking about feelings is good for their health. Understand what is meant by 'challenge' and why challenge is important. Know how to pick their challenges. Understand what is meant by 'opportunity' and why it is important to seize their opportunities. Begin to notice how they feel and find good ways to show how they feel. Realise that some things are harder than others and become more confident about what they can do. Understand the importance of trying and know who they can turn to for help. Know what being positive means and how to be positive to others. Know what it means to be calm and how to calm down.
Year 1	Be able to communicate about feelings, recognise how others share feelings and know how to respond. Identify what makes them happy and how happiness makes them feel inside. Know who they can go to if they feel sad. Identify their personal strengths and develop awareness of their personal feelings. Understand the importance of being positive. Know how to use positive words and actions.
Year 2	Recognise different types of teasing and bullying, understanding that these are wrong and unacceptable. Know what mindfulness means. Identify ways in which they can be mindful. Understand why being mindful is good for their health. Understand what being proud means. Know the difference between pride and boasting. Identify the things that make them feel proud. Understand the meaning of determination and how to use determination to overcome difficulties.

Year 3	<p>Identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.</p> <p>Know what confidence and self-esteem mean.</p> <p>Identify their strengths and ways to improve their confidence.</p> <p>Know what is meant by feelings and how to recognise different feelings.</p> <p>Identify techniques to help them cope with their feelings.</p> <p>Understand the meaning of self-awareness and identify ways to make some positive changes.</p>
Year 4	<p>Recognise and respond to a wide range of emotions in themselves and others, and ways to respond.</p> <p>Understand what is meant by pride and how it feels to be proud.</p> <p>Identify their talents and things that they are good at.</p> <p>Appreciate why they are proud of their friends.</p> <p>Understand the growth and fixed mindset.</p> <p>Identify different mindset characteristics.</p> <p>Understand and experience the value of challenge.</p> <p>Identify different ways to cope with good and bad days.</p> <p>Recognise ways to manage stress and mood.</p> <p>Identify ways to keep their mental health in check.</p> <p>Understand the meaning of positivity.</p> <p>Develop strategies and tips to keep positive.</p>
Year 5	<p>Anticipate how their emotions may change as they approach and move through puberty.</p> <p>Know what self-management is and why it is important to keep their minds healthy.</p> <p>Identify ways they can help to manage themselves and have self-control.</p> <p>Understand why they need to focus on their mental and physical health.</p> <p>Identify techniques which will help them focus.</p> <p>Understand what having a 'game plan' means.</p> <p>Identify why plans in life are important.</p>
Year 6	<p>Understand what personal growth is.</p> <p>Know what aspirations are and identify life aspirations.</p> <p>Explore and identify dreams and ambitions.</p> <p>Visualise where they would like to be in the future.</p> <p>Understand the importance of role models and inspiration.</p> <p>Understand what pride is and how it makes them feel.</p> <p>Identify the types of things that make them feel proud about themselves.</p> <p>Set goals to make them feel proud.</p> <p>Understand the meaning of self-control.</p> <p>Recognise and describe times when they are overwhelmed by emotions.</p> <p>Identify effective and appropriate calming down strategies.</p> <p>Understand what is meant by a life journey.</p> <p>Identify what they want to get out of life.</p>

Physical health and fitness	
Year R	<p>Understand what being healthy means.</p> <p>Know what being active means and understand why they need to exercise.</p>
Year 1	<p>Understand what being healthy means.</p> <p>Know how they can keep healthy and why they need to keep healthy.</p>
Year 2	<p>Understand what exercise is and the benefits of it.</p> <p>Recognise ways that they can get moving.</p>
Year 3	<p>Understand what physical health is.</p> <p>Understand why they need to be healthy and how to keep physically health.</p>
Year 4	<p>Understand what being active means.</p> <p>Know the importance of being active and how they can keep active daily.</p>
Year 5	<p>Understand what body health is.</p> <p>Know why they need to keep their bodies healthy.</p> <p>Know how they can measure their physical health.</p>
Year 6	<p>Understand what fitness is.</p>

	Know why they need to keep fit and how to maintain their fitness.
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Healthy eating	
Year R	Understand what healthy eating means. Know about the importance of fruit and vegetables. Understand what is meant by 'balance'. Know why balance is important and how to maintain a good balance.
Year 1	Understand what healthy eating means. Know about the different food groups and the best foods to eat to keep healthy.
Year 2	Know why water is important for keeping healthy. Explore the amount of sugar in some drinks.
Year 3	Understand what healthy eating means. Know about the different food groups and nutrients. Understand what it is that makes foods healthy or unhealthy.
Year 4	Understand how to make healthy food choices. Know to read food labels and how to make healthy food swaps.
Year 5	Understand what an energy balance is. Know how they can maintain their energy levels. Understand why energy is important for them to keep healthy and well. Know how calories are used for energy.
Year 6	Understand what healthy eating means and why it is important. Know what the different food groups are and the best foods to eat to stay healthy. Understand what food habits are. Know why food habits are important and how they can make good food habits.

Drugs, alcohol and tobacco	
Year 4	Know about the effects and risks of drinking alcohol. Understand that alcohol can affect people differently. Understand that people may have different reasons as to why they choose to drink or not to drink alcohol. Know ways that they can deal with different pressures and know where to get help and advice.
Year 5	Understand the long and short-term effects associated with smoking. Explore different attitudes towards smoking. Understand the risks and consequences of smoking. Know ways that they can deal with different pressures and know where to get help and advice.
Year 6	Understand what attitudes and health risks are. Recognise how attitudes and risks can affect their health in a negative way. Know how to manage risks to their health. Understand that the term drugs covers a range of legal and illegal substances. Know ways that they can deal with different pressures and know where to get help and advice.

Health and prevention	
Year R	Know the importance of basic personal hygiene and understand how to maintain basic personal hygiene. Understand the importance of sleep and developing a sleeping routine. Know how to look after themselves in different types of weather. Understand what is meant by 'healthy'. Know why being healthy matters and what healthy habits are. Recognise why it is important to have a healthy mind and how they can keep their minds healthy.
Year 1	Understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others.

Year 2	Understand what personal hygiene is. Know how to be hygienic to keep healthy and why is it important to have a personal hygiene routine. Understanding what personal safety is. Know how to stay safe in different situations and why personal safety is important.
Year 3	Understand what healthy routines are and why routines are important. Know how to create their own healthy routine. Understand what it means to recharge and why they need to recharge. Identify ways in which they can recharge.
Year 4	Understand what a healthy lifestyle means. Identify activities which form a healthy lifestyle. Know why they need to create a healthy lifestyle. Identify healthy lifestyle choices. Suggest examples of better choices. Know how to make good decisions in life.
Year 5	Understand what habits are and why habits are important. Know how they can change and build successful habits.
Year 6	Understand what is meant by motivation. Recognise strategies to stay motivated.

Basic first aid	
Year R	Understand what first aid is. Know how to get help and who to ask for it. Know that in an emergency they should dial 999.
Year 1	Know how to safely get help in an emergency, including calling 999.
Year 2	Know how to safely get help in an emergency, including calling 999. Understand how to keep themselves and others safe. Know about how they can care for themselves and others.
Year 3	Understand what first aid is. Identify ways to be kind and to help others. Understand how to keep themselves and others safe. Know about how they can care for themselves and others.
Year 4	Understand what first aid is. Learn first aid skills including how to help someone who is bleeding, has a broken bone, is having an asthma attacks or who has a head injury. Feel able to help someone who needs first aid.
Year 5	Understand what first aid is. Learn first aid skills including how to help someone with a head injury, who has burns or who is choking. Know how to help someone who is unresponsive and breathing by learning how to put someone in the recovery position. Feel able to help someone who needs first aid.
Year 6	Understand what first aid is. Learn first aid skills including revising how to deal with all types of common injuries. Know how to help someone who is unresponsive and breathing by learning how to put someone in the recovery position. Know how to help someone that is not breathing by learning basic CPR, including knowing how to follow the instructions to use a defibrillator. Feel able to help someone who needs first aid.