

Upwell Academy

Subject Overview – RSHE



	Families and people who care for me	Caring friendships	Respectful relationships	Online relationships/ internet safety and harms	Being safe	My body/ changing adolescent body	Mental wellbeing	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid
Year R	What makes a family special (RSE Lesson 6) Support (PiXL My Life) Connections (PiXL My Mind)	Similarities and differences (RSE Lesson 3) Interaction (PiXL My Life) All about me (PiXL My Mind)	Likes, dislikes and decisions (RSE Lesson 4) Environment Your actions (PiXL My Life)	A computer The internet Searching the internet Personal information Games and Apps Calming down Being Careful Internet safety rules Be nice Staying safe online (PiXL E-safety)	Why are 'private parts' private? (RSE Lesson 5)	Naming parts of the body	Describing and managing feelings (RSE Lesson 1) Talking about feelings (PiXL My Health) Challenge Opportunities (PiXL My Life) Feelings Challenge Resilience Being positive Being calm (PiXL My Mind)	Being healthy Being active (PiXL My Health)	Healthy eating (PiXL My Health) Balance (PiXL My Life)		Handwashing and hygiene (RSE Lesson 2) Sleeping Keeping clean Clothes (PiXL My Health) Healthy habits (PiXL My Life) Healthy body, healthy mind (PiXL My Mind)	What is first aid? Getting help
Year 1	Family and friends (PiXL My Life)	Falling out and making up (RSE Lesson 3)	Celebrating differences (RSE Lesson 4) Impressions (PiXL My Life)	Personal information Games and apps Being careful (PiXL E-safety)	Asking for help (RSE Lesson 6)	What are the 'private parts' called? (RSE Lesson 2)	Understanding feelings and behaviours (RSE Lesson 1) Happiness Self-awareness Being positive (PiXL My Mind)	Keeping healthy (PiXL My Health)	Healthy eating (PiXL My Health)		Bad bacteria! Protecting and preventing (RSE Lesson 5)	Calling 999 (First Aid Champions)

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Year 2	Families come in different shapes and sizes (RSE Lesson 4) Support network (PiXL My Mind)	When to share a secret (RSE Lesson 6)	I am special (RSE Lesson 1)	The internet Searching the internet Exploring online Using emails Online stories Online rules Staying safe online (PiXL E-safety)	My body belongs to me (RSE Lesson 5)	Growing up (RSE Lesson 2)	Bullying is wrong (RSE Lesson 3) Press pause (PiXL My Health) Being proud (PiXL My Life) Determination (PiXL My Mind)	Get moving (PiXL My Health)	Hydration (PiXL My Health)		Personal hygiene (PiXL My Health) Personal safety (PiXL My Life)	Why is first aid important? Keeping yourself safe (First Aid Champions) Calling the emergency services
Year 3	How families care for one another (RSE Lesson 3) Connections (PiXL My Life)	Relationships (PiXL My Life)	Stereotypes stink! (RSE Lesson 4)	Sharing secrets (RSE Lesson 6) Introduction to e-safety Exploring online Personal information Games and Apps (PiXL E-safety)	My body, my right (RSE Lesson 5)	Growing up and my amazing body (RSE Lesson 2)	Happy to be me (RSE Lesson 1) Confidence (PiXL - My Life) Feelings Self-awareness (PiXL My Mind)	Physical health (PiXL My Health)	Healthy eating (PiXL My Health)		Healthy routines Recharge (PiXL My Health)	Giving first aid Safety stories (First Aid Champions)
Year 4	Love and marriage (RSE Lesson 5)	Peer pressure (RSE Lesson 6)	Respecting different identities (RSE Lesson 4)	Communication devices Communicating online Cyberbullying Online situations Being smart online (PiXL E-safety)	Public or private? To touch or not to touch? (RSE Lesson 3)	Puberty predictions (RSE Lesson 2)	Emotional response (RSE Lesson 1) Pride (PiXL - My Life) Mind training Mental health Positivity (PiXL My Mind)	Being active (PiXL My Health)	Smart choices (PiXL My Health)	The dangers of alcohol (Drugs education resource)	Lifestyle Making choices (PiXL My Life)	First aid skills - bleeding, broken bones, asthma attack, head injury (First Aid Champions)

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Year 5	Responsibility (PiXL My Life)	Tackling bullying (RSE Lesson 4)	Healthy relationships (RSE Lesson 3)	Sharing information (RSE Lesson 5) Introduction to e-safety Social media Cyberbullying Digital footprint Online behaviour (PiXL E-safety)	Online conundrums (RSE Lesson 6)	Puberty and menstrual wellbeing (RSE Lesson 2)	The emotional rollercoaster of puberty RSE (Lesson 1) Self-management Focus Game plan (PiXL My Mind)	Body Health (PiXL My Health)	Energy levels (PiXL My Health)	The dangers of tobacco (Drugs education resource)	Habits (PiXL My Life)	First aid skills – head injury, burns, choking, unresponsive and breathing (First Aid Champions)
Year 6	Support Networks (PiXL My Mind)	Life Connections (PiXL My Life)	Stamp out stereotypes (RSE Lesson 3)	Media messages and me (RSE Lesson 1) Online communication Online scams Online chatting Being online and wellbeing Staying safe online (PiXL E-safety)	When and how to get help (RSE Lesson 6) County Lines	How a baby is conceived and born (RSE Lesson 2)	Personal growth Pride (PiXL My Life) Aspirations Self-control Life journey (PiXL My Mind)	Fitness (PiXL My Health)	Food Habits (PiXL My Health)	Health risks and attitudes (PiXL My Health) The dangers of alcohol, tobacco and other drugs (Drugs education resource)	Motivation (PiXL My Mind)	First aid skills – revisit common injuries, unresponsive and breathing, unresponsive and not breathing (First Aid Champions)

- * Please note that the content for RSHE may complement, build on or provide the foundation for elements of science, PSHE, computing and PE.
- * Also note that there will be some lessons that will cover elements of more than one area of study within the RSHE curriculum.