

## Relationships and Sex Education (RSE)

**(Key – taught in RSE taught in PSHE/Health Education)**

Physical Health and Wellbeing

Mental Health and Emotional Wellbeing

Relationships – Jigsaw

Identify, Society and Equality

Drugs, alcohol and Tobacco

Keeping Safe and Managing Risks

Careers, financial, capability and economic wellbeing

Year	Mental Health and Emotional Wellbeing	Relationships – Jigsaw	Identify, Society and Equality	Keeping Safe and Managing Risks	Relationships and Sex Education
<b>Foundation Stage</b>	(Autumn 2) Pupils learn: <ul style="list-style-type: none"> <li>• What I Am Good At</li> <li>• I'm Special, I'm Me!</li> <li>• Families</li> <li>• Houses and Homes</li> <li>• Making Friends</li> </ul>	(Summer 1) Pupils learn: <ul style="list-style-type: none"> <li>• My Family and Me!</li> <li>• Make Friends, Make Friends, Never Ever Break Friends!</li> <li>• Falling out and Bullying</li> <li>• Being the Best Friend We can Be</li> </ul>			(Summer 2) Changing Me Pupils learn: <ul style="list-style-type: none"> <li>• My Body</li> <li>• Respecting My Body</li> <li>• Growing up</li> <li>• Growth and Change</li> <li>• Fun and Fears</li> </ul>
<b>Year 1</b>	(Autumn 2) Feelings: Pupils learn: <ul style="list-style-type: none"> <li>• about different types of feelings</li> <li>• about managing different feelings</li> <li>• about change or loss and how this can feel</li> </ul>		(Spring 1) Me and Others: Pupils learn: <ul style="list-style-type: none"> <li>• what makes themselves and others special</li> <li>• about role and responsibilities at home and school</li> <li>• about being cooperative with others</li> </ul>	(Summer 1) Keeping Safe: <ul style="list-style-type: none"> <li>• Safety in familiar situations</li> <li>• about personal safety</li> <li>• about people who help keep them safe outside the home</li> </ul>	Taught as part of the Science National Curriculum <ul style="list-style-type: none"> <li>• Name body parts</li> <li>• Notice that animals including humans have offspring</li> </ul>
<b>Year 2</b>	(Autumn 2) Friendships: Pupils learn: <ul style="list-style-type: none"> <li>• about the importance of special people in their lives</li> <li>• about making friends and who can help with friendships</li> <li>• about solving problems that might arise with friendships</li> </ul>	(Spring 1) <ul style="list-style-type: none"> <li>• I accept that everyone's family is different and understand that most people value their family</li> <li>• I know which types of physical contact I like and don't like and can talk about this</li> <li>• I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends</li> <li>• I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this</li> <li>• I understand how it feels to trust someone</li> <li>• I am comfortable accepting appreciation from others</li> </ul>		(Summer 1) Indoors and Outdoors: Pupils learn: <ul style="list-style-type: none"> <li>• about keeping safe in the home, including fire safety</li> <li>• about keeping safe outside</li> <li>• about road safety</li> </ul>	Taught as part of the Science National Curriculum <ul style="list-style-type: none"> <li>• Name body parts</li> <li>• Notice that animals including humans have offspring</li> </ul>

## Relationships and Sex Education (RSE)

<b>Year 3</b>	(Autumn 2) Strengths and Challenges: Pupils learn: <ul style="list-style-type: none"> <li>about celebrating achievements and setting personal goals</li> <li>about dealing with put-downs</li> <li>about positive ways to deal with set-backs</li> </ul>		(Spring 1) Celebrating Differences: Pupils learn: <ul style="list-style-type: none"> <li>about valuing the similarities and differences between themselves and others</li> <li>about what is meant by community</li> <li>about belonging to groups</li> </ul>	(Summer 1) See it, say it, stop it Pupils learn: <ul style="list-style-type: none"> <li>to recognise bullying and how it can make people feel</li> <li>about different types of bullying and how to respond to incidents of bullying</li> <li>about what to do if they witness bullying</li> </ul>	
<b>Year 4</b>		(Autumn 2) <ul style="list-style-type: none"> <li>I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them</li> <li>I know how most people feel when they lose someone or something they love</li> <li>I understand that we can remember people even if we no longer see them</li> <li>I can express my own opinion and feelings on this</li> <li>I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet</li> <li>I can love and be loved</li> </ul>	(Spring 1) Democracy: Pupils learn: <ul style="list-style-type: none"> <li>about Britain as a democratic society</li> <li>about how laws are made</li> <li>learn about the local council</li> </ul>	(Summer 1) Playing Safe: Pupils learn: <ul style="list-style-type: none"> <li>how to be safe in their computer gaming habits</li> <li>about keeping safe near roads, rail, water, building sites and around fireworks</li> <li>what to do in an emergency and basic emergency first aid procedures</li> </ul>	Pupils learn: <ul style="list-style-type: none"> <li>Differences</li> <li>Growing Up</li> </ul>
<b>Year 5</b>	(Autumn 2) Dealing with Feelings: Pupils learn: <ul style="list-style-type: none"> <li>about the feelings associated with loss, grief and bereavement</li> <li>about a wide range of emotions and feelings experienced in the body</li> <li>about times of change and how this can make people feel</li> </ul>		(Spring 1) Stereotypes, discrimination and prejudice (including tackling homophobia): Pupils learn: <ul style="list-style-type: none"> <li>about stereotyping including gender stereotyping</li> <li>about prejudice and discrimination and how this can make people feel</li> </ul>	(Summer 1) When things go wrong: Pupils learn: <ul style="list-style-type: none"> <li>about keeping safe online</li> <li>that violence within relationships is not acceptable</li> <li>about problems that can occur when someone goes missing from home</li> </ul>	Pupils learn: <ul style="list-style-type: none"> <li>Changes</li> <li>Girl Talk</li> <li>Boy Talk</li> </ul>
<b>Year 6</b>	(Summer 1) Healthy Minds: Pupils learn: <ul style="list-style-type: none"> <li>about what mental health is</li> </ul>	(Summer 1)	(Spring 1) Human Rights: Pupils learn:	(Summer 2) Keeping Safe out and about:	Pupils learn: <ul style="list-style-type: none"> <li>How Babies Are Made</li> </ul>

## Relationships and Sex Education (RSE)



	<ul style="list-style-type: none"> <li>• what can affect mental health and some ways of dealing with this</li> <li>• about some everyday ways to look after our mental health</li> <li>• about stigma and discrimination that can surround mental health</li> </ul>	<ul style="list-style-type: none"> <li>• I understand how it feels to have people in my life that are special to me</li> <li>• I can use some strategies to manage feelings associated with loss and can help other people to do so</li> <li>• I can recognise when I am feeling those emotions and have strategies to manage them</li> <li>• I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</li> <li>• I can take responsibility for my own safety and well-being</li> <li>• I can take responsibility for my own safety and well-being</li> </ul>	<ul style="list-style-type: none"> <li>• about people who have moved from other places (including the experience of refugees)</li> <li>• about human rights and the UN Convention on the Rights of the Child</li> <li>• about homelessness</li> </ul>	<p>Pupils learn:</p> <ul style="list-style-type: none"> <li>• about feelings of being out and about in the local area with increasing independence</li> <li>• recognising and responding to peer pressure</li> <li>• about the consequences of anti-social behaviour (including gangs)</li> </ul>	<ul style="list-style-type: none"> <li>• Girl Talk</li> <li>• Boy Talk</li> </ul>
--	---	---	---	---	---