



RSHE Knowledge and Skills			
	Autumn	Spring	Summer
Class R	<p style="text-align: center;">BEING ME IN MY WORLD</p> <ul style="list-style-type: none"> ● Self-identity ● Understanding feeling ● Being in a classroom ● Being gentle ● Rights and responsibilities <p style="text-align: center;">CELEBRATING DIFFERENCE</p> <ul style="list-style-type: none"> ● Identifying talents ● Being special Families ● Where we live ● Making friends ● Standing up for yourself 	<p style="text-align: center;">DREAMS AND GOALS</p> <ul style="list-style-type: none"> ● Challenges ● Perseverance ● Goal-setting ● Overcoming obstacles ● Seeking help Jobs ● Achieving goals <p style="text-align: center;">HEALTHY ME</p> <ul style="list-style-type: none"> ● Exercising bodies ● Physical activity ● Healthy food ● Sleep ● Keeping clean ● Safety 	<p style="text-align: center;">RELATIONSHIPS</p> <ul style="list-style-type: none"> ● Family life ● Friendships ● Breaking friendships ● Falling out ● Dealing with bullying ● Being a good friend <p style="text-align: center;">CHANGING ME</p> <ul style="list-style-type: none"> ● Bodies ● Respecting my body ● Growing up ● Growth and change ● Fun and fears ● Celebrations
Class 1	<p style="text-align: center;">BEING ME IN MY WORLD</p> <ul style="list-style-type: none"> ● Feeling special and safe ● Being part of a class ● Rights and responsibilities ● Rewards and feeling proud ● Consequences ● Owning the Learning Charter <p style="text-align: center;">CELEBRATING DIFFERENCE</p> <ul style="list-style-type: none"> ● Similarities and differences ● Understanding bullying and knowing how to deal with it ● Making new friends ● Celebrating the differences in everyone 	<p style="text-align: center;">DREAMS AND GOALS</p> <ul style="list-style-type: none"> ● Setting goals ● Identifying successes and achievements ● Learning styles ● Working well and celebrating achievement with a partner ● Tackling new challenges ● Identifying and overcoming obstacles ● Feelings of success <p style="text-align: center;">HEALTHY ME</p> <ul style="list-style-type: none"> ● Keeping myself healthy ● Healthier lifestyle choices ● Keeping clean ● Being safe ● Medicine safety/safety with household items ● Road safety ● Linking health and happiness 	<p style="text-align: center;">RELATIONSHIPS</p> <ul style="list-style-type: none"> ● Belonging to a family ● Making friends/being a good friend ● Physical contact preferences ● People who help us ● Qualities as a friend and person ● Self-acknowledgement ● Being a good friend to myself ● Celebrating special relationships <p style="text-align: center;">CHANGING ME</p> <ul style="list-style-type: none"> ● Life cycles – animal and human ● Changes in me ● Changes since being a baby ● Differences between female and male bodies (correct terminology) ● Linking growing and learning ● Coping with change ● Transition



<p>Class 2</p>	<p>BEING ME IN MY WORLD</p> <ul style="list-style-type: none"> • Hopes and fears for the year • Rights and responsibilities • Rewards and consequences • Safe and fair learning environment • Valuing contributions • Choices • Recognising feelings <p>CELEBRATING DIFFERENCE</p> <ul style="list-style-type: none"> • Assumptions and stereotypes about gender • Understanding bullying • Standing up for self and others • Making new friends • Gender diversity • Celebrating difference and remaining friends 	<p>DREAMS AND GOALS</p> <ul style="list-style-type: none"> • Achieving realistic goals • Perseverance • Learning strengths • Learning with others • Group co-operation • Contributing to and sharing success <p>HEALTHY ME</p> <ul style="list-style-type: none"> • Motivation • Healthier choices • Relaxation • Healthy eating and nutrition • Healthier snacks and sharing food 	<p>RELATIONSHIPS</p> <ul style="list-style-type: none"> • Different types of family • Physical contact boundaries • Friendship and conflict • Secrets • Trust and appreciation • Expressing appreciation for special relationships <p>CHANGING ME</p> <ul style="list-style-type: none"> • Life cycles in nature • Growing from young to old • Increasing independence • Differences in female and male bodies (correct terminology) • Assertiveness • Preparing for transition
<p>Class 3</p>	<p>BEING ME IN MY WORLD</p> <ul style="list-style-type: none"> • Setting personal goals • Self-identity and worth • Positivity in challenges • Rules, rights and responsibilities • Rewards and consequences • Responsible choices • Seeing things from others' perspectives <p>CELEBRATING DIFFERENCE</p> <ul style="list-style-type: none"> • Families and their differences • Family conflict and how to manage it (child-centred) • Witnessing bullying and how to solve it • Recognising how words can be hurtful • Giving and receiving compliments 	<p>DREAMS AND GOALS</p> <ul style="list-style-type: none"> • Difficult challenges and achieving success • Dreams and ambitions • New challenges • Motivation and enthusiasm • Recognising and trying to overcome obstacles • Evaluating learning processes • Managing feelings Simple budgeting <p>HEALTHY ME</p> <ul style="list-style-type: none"> • Exercise Fitness challenges • Food labelling and healthy swaps • Attitudes towards drugs • Keeping safe and why it's important online and off line scenarios • Respect for myself and others • Healthy and safe choices 	<p>RELATIONSHIPS</p> <ul style="list-style-type: none"> • Family roles and responsibilities • Friendship and negotiation • Keeping safe online and who to go to for help • Being a global citizen • Being aware of how my choices affect others • Awareness of how other children have different lives • Expressing appreciation for family and friends <p>CHANGING ME</p> <ul style="list-style-type: none"> • How babies grow • Understanding a baby's needs • Outside body changes • Inside body changes • Family stereotypes • Challenging my ideas • Preparing for transition
<p>Class 4</p>	<p>BEING ME IN MY WORLD</p> <ul style="list-style-type: none"> • Being part of a class team • Being a school citizen 	<p>DREAMS AND GOALS</p> <ul style="list-style-type: none"> • Hopes and dreams • Overcoming disappointment 	<p>RELATIONSHIPS</p> <ul style="list-style-type: none"> • Jealousy • Love and loss



	<ul style="list-style-type: none"> • Rights, responsibilities and democracy (school council) • Rewards and consequences • Group decision-making • Having a voice • What motivates behaviour <p>CELEBRATING DIFFERENCE</p> <ul style="list-style-type: none"> • Challenging assumptions • Judging by appearance • Accepting self and others • Understanding influences • Understanding bullying • Problem-solving • Identifying how special and unique everyone is • First impressions 	<ul style="list-style-type: none"> • Creating new, realistic dreams • Achieving goals • Working in a group • Celebrating contributions • Resilience • Positive attitudes <p>HEALTHY ME</p> <ul style="list-style-type: none"> • Healthier friendships • Group dynamics • Smoking • Alcohol • Assertiveness • Peer pressure • Celebrating inner strength 	<ul style="list-style-type: none"> • Memories of loved ones • Getting on and Falling Out • Girlfriends and boyfriends • Showing appreciation to people and animals <p>CHANGING ME</p> <ul style="list-style-type: none"> • Being unique • Having a baby • Girls and puberty • Confidence in change • Accepting change • Preparing for transition • Environmental change
<p>Class 5</p>	<p>BEING ME IN MY WORLD</p> <ul style="list-style-type: none"> • Planning the forthcoming year • Being a citizen • Rights and responsibilities • Rewards and consequences • How behaviour affects groups • Democracy, having a voice, participating <p>CELEBRATING DIFFERENCE</p> <ul style="list-style-type: none"> • Cultural differences and how they can cause conflict • Racism • Rumours and name-calling • Types of bullying • Material wealth and happiness • Enjoying and respecting other cultures 	<p>DREAMS AND GOALS</p> <ul style="list-style-type: none"> • Future dreams • The importance of money • Jobs and careers • Dream job and how to get there • Goals in different cultures • Supporting others (charity) • Motivation <p>HEALTHY ME</p> <ul style="list-style-type: none"> • Smoking, including vaping • Alcohol • Alcohol and anti-social behaviour • Emergency aid • Body image • Relationships with food • Healthy choices • Motivation and behaviour 	<p>RELATIONSHIPS</p> <ul style="list-style-type: none"> • Self-recognition and self-worth • Building self-esteem • Safer online communities • Rights and responsibilities online • Online gaming and gambling • Reducing screen time • Dangers of online grooming • SMARRT internet safety rules <p>CHANGING ME</p> <ul style="list-style-type: none"> • Self- and body image • Influence of online and media on body image • Puberty for girls • Puberty for boys • Conception (including IVF) • Growing responsibility • Coping with change • Preparing for transition



Class 6	<p>BEING ME IN MY WORLD</p> <ul style="list-style-type: none">• Identifying goals for the year• Global citizenship• Children's universal rights• Feeling welcome and valued• Choices, consequences and rewards• Group dynamics• Democracy, having a voice• Anti-social behaviour• Role-modelling <p>CELEBRATING DIFFERENCE</p> <ul style="list-style-type: none">• Perceptions of normality• Understanding disability• Power struggles• Understanding bullying• Inclusion/exclusion• Differences as conflict, difference as celebration• Empathy	<p>DREAMS AND GOALS</p> <ul style="list-style-type: none">• Personal learning goals, in and out of school• Success criteria• Emotions in success• Making a difference in the world• Motivation• Recognising achievements• Compliments <p>HEALTHY ME</p> <ul style="list-style-type: none">• Taking personal responsibility• How substances affect the body• Exploitation, including 'county lines' and gang culture• Emotional and mental health• Managing stress	<p>RELATIONSHIPS</p> <ul style="list-style-type: none">• Mental health• Identifying mental health worries and sources of support• Love and loss• Managing feelings• Power and control• Assertiveness• Technology safety• Take responsibility with technology use <p>CHANGING ME</p> <ul style="list-style-type: none">• Self-image• Body image• Puberty and feelings• Conception to birth• Reflections about change• Physical attraction• Respect and consent• Boyfriends/girlfriends• Sexting• Transition
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