



# FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

## WHOLE-SCHOOL RSHE CURRICULUM OVERVIEW

IF YOU CAN DREAM IT, YOU CAN DO IT!



### Whole-School Relationship, Sex and Health Education Programme Overview

Broad Topics	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Healthy and Happy Friendships</b>	<p><b>ELG Self-Regulation</b> Children at the expected level of development will:</p>	<p>Friends Kindness</p> <p>Getting along, sharing and turn taking</p>	<p>What makes a happy friendship? Personal boundaries Worries</p>	<p>What makes a good friend? Personal space Resilience</p>	<p>Qualities of a good friend Solving friendship difficulties Personal boundaries and permission</p>	<p>Identity Peer pressure Emotional health and wellbeing</p>	<p>Personal safety Relationships and change Wider emotions</p>
<b>Similarities and Differences</b>	<ul style="list-style-type: none"> <li>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;</li> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;</li> <li>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ul>	<p>I am special Who I am makes me unique We don't all feel the same way</p>	<p>My strengths and abilities Stereotypes Who's job?</p>	<p>Different but equal Our school community Valuing one another and considering people's feelings</p>	<p>Being British Making a judgement A different point of view</p>	<p>Strength and abilities Setting goals Online safety</p>	<p>Identity online Online bullying Identities and belonging</p>
<b>Caring and Responsibility</b>	<p><b>ELG Managing Self</b> Children at the expected level of development will:</p>	<p>My special people How our special people care for us Keeping safe</p>	<p>Community helpers When we need help Our communities and groups</p>	<p>Being responsible Responsibility and personal space Caring and empathy</p>	<p>Our rights, our responsibilities The UN Convention on the Rights of the Child Family roles and</p>	<p>Changing needs Feeling lonely What volunteer?</p>	<p>Taking care of myself Looking after our money Transition to secondary</p>
<b>Families and Committed Relationships</b>	<ul style="list-style-type: none"> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;</li> <li>Explain the reasons for rules, know right from wrong and try to behave accordingly;</li> <li>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul>	<p>My family Our families Superhero families</p>	<p>Who is in a family? A happy family Families of all kinds</p>	<p>Commitment and marriage All change! Families changes: when parents separate</p>	<p>Different relationships: boundaries and behaviour Belonging Families and committed relationships</p>	<p>Values of healthy relationships Diversity in relationships It's all about commitment</p>	<p>Starting a family The impact of having a baby When is it right?</p>
<b>Healthy Bodies, Healthy Minds</b>	<p><b>ELG Building Relationships</b> Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>Work and play cooperatively and take turns with others;</li> <li>Form positive attachments to adults and friendships with peers;</li> <li>Show sensitivity to their own and to others' needs</li> </ul>	<p>My amazing body Private body parts Looking after our bodies</p>	<p>Healthy feelings Staying safe at home Feeling poorly</p>	<p>The power of sleep Making healthy food choices Germs</p>	<p>Healthy influences Making healthy choices Dealing with feelings</p>	<p>Valuing ourselves Alcohol, tobacco and drugs Keeping well</p>	<p>Being the best me Staying safe at home/ Social media and our wellbeing Taking care of our mental</p>
<b>Coping with Change</b>		<p>Animal babies How have we changed? A future me</p>	<p>When I am older Looking at the changes ahead Goals</p>	<p>New changes Feeling sad and showing empathy Happiness</p>	<p>What is puberty? Understanding periods Keeping clean as we grow and change</p>	<p>Puberty Puberty and emotions Emotional changes: managing well</p>	<p>Body image Puberty and challenging relationships Moving on</p>

\*the section highlighted in yellow is the non-statutory aspect of the primary Relationships Education guidance. Year 6 parents/carers have the right to withdraw their child from this aspect of our RSHE programme.