



FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

WHOLE-SCHOOL RSHE CURRICULUM PROGRESSION

IF YOU CAN DREAM IT, YOU CAN DO IT!



Whole-School Relationship, Sex and Health Education Programme Progression

Broad Topics	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Healthy and Happy Friendships	Forming friendships and how kind or unkind behaviours impact other people.	Understanding what makes a happy friendship. Recognising personal boundaries and safe/unsafe situations.	Being a good friend and respecting personal space. Strategies for resilience.	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and peer pressure off-and online. Positive emotional health and wellbeing.	How relationships evolve as we grow, including when transitioning to secondary school. How to cope with a wider range of emotions.
Similarities and Differences	Similarities and differences between people and how to respect and celebrate these.	Exploring different strengths and abilities. Understanding and challenging stereotypes.	Respecting and valuing differences. Shared values of communities.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Celebrating strengths, setting goals and keeping ourselves safe online.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.
Caring and Responsibility	Identifying who our special people are and how they keep us safe.	The different communities and groups we belong to and how we help and support one another within these.	Our responsibilities and ways we can care and show respect for others.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.
Families and Committed Relationships	What a family is (including difference and diversity between families), and why families are important and special.	The different people in our families, and how families vary.	Different types of committed relationships and the basic characteristics of these.	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Human reproduction, including different ways to start a family. *includes age-appropriate sex education, not compulsory in primary schools.
Healthy Bodies, Healthy Minds	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	Being the healthiest me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.
Coping with Change	Growing from young to old and how we have changed since we were born.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.	Coping with feelings around the changes in our lives.	How our bodies change as we enter puberty, including hygiene needs and menstruation.	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.	Ways to manage the increasing responsibilities and emotional effects of life changes.

*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.