

RSHE Curriculum Whole School Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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YEAR 1		Fr1) Who is my friend? P1) How do I help my body stay healthy?	M1) Where do feelings come from? P2) How do I decide what to eat?	Fa1) Who's in my family? Os1) Screen time [L1]	Fr2) What makes a good friend? Fr3) Should friends tell us what to do?	M3) What helps me to be happy?
YEAR 2	C1) How do we make a happy school? C2) Who lives in my neighbourhood? Os3) Online strangers	Fr4) How do we stop bullying? Personal Information	Fa2) Do families always stay the same? Fa3) How should families treat each other? P3) How do we stop getting ill?	Fa4) When should I say no? Fa5) Who owns my body? G1) How bodies change as we get older (link with science)	Os4) Fake News [N1] M2) Who am I? P4) How can I stay safe?	C3) What makes a boy or a girl? Fa6) Are all families the same?
YEAR 3	Fr1) What makes a good friend? Os1) Online strangers [P1] Os2) Sharing Online [P2]	Fa1) Do families always stay the same? Fa2) Are all families like mine?	M1) How do I manage my feelings? P1) How do I keep my body healthy? P2) How do I get a healthy diet?	Os3) Friendships online [S1]	Os4) Personal Information [C2] P3) How do I stop getting ill?	
YEAR 4	Fr2) Are all friends the same? Fr3) Are friendships always fun? M2) Are we happy all the time?	C1) How do we make the world fair? C2) Where do you feel like you belong? C3) How can we help the people around us?	Os5) Digital Media [N1] Os6) Verifying content and echo chambers [N3]	Fa3) How should we treat people who are different?		
YEAR 5	Fa1) Why do some people get married? Fa2) Are families ever perfect? Os1) Control and consent [S1] Os2) Protecting our identity [P1]	Fr1) What makes a close friend? M1) Does everybody have the same feelings?	Fr2) Can we be different and still be friends? Fr3) Should friends tell us what to do? P1) Is there such a thing as the perfect body?	Os3) Meeting strangers online [P4] Os4) Personal Information, terms and conditions [C2] M2) Should we be happy all the time? M3) Why do we argue?	P2) How can I stay fit and healthy? P3) Can I avoid getting ill? M4) Who am I? Fa3) Is there such a thing as a normal family?	Fr4) Why are some people unkind? Os5) Analysing Digital Media [N1] G4) What is Menstruation?*
YEAR 6	Os6) Bias [N2] Os7) Echo Chambers [N5] Fr5) What are stereotypes? Fr6) How do I accept my friends for who they are?	C1) What is prejudice? C2) What is the history of prejudice? C3) What should I do if I encounter prejudice?	Sx1) How do plants and animals reproduce? (N.B. Taught through science - does not include sexual intercourse) C4) How can I be a great citizen? C5) Why is money important?	P4) Why do some people take drugs? P5) Where should I get my health information? P6) How do I save a life?	Os8) Does the internet make us happy? [L1] C6) Who belongs in our country? C7) What does it mean to be British?	G1) How will my body change as I get older? G2) How will my feelings change as I get older? G3) How will I stay clean during puberty? Sx2) Optional lesson on sexual reproduction (N.B. Not statutory)

**RSHE Curriculum Content - NHS staff recommend that this is taught in year 5, ahead of other information about puberty, as around 10% of females will begin menstruating before the end of primary school