

Sedlescombe Church of England Primary School RSHE Curriculum Map

Relationships Education: By the end of Primary School children should know:

Families and the people who care for me

- (R1) that families are important for children growing up because they can give love, security and stability
- (R2) the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- (R3) that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care
- (R4) that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- (R5) that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
- (R6) how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed

Caring Friendships

- (R7) how important friendships are in making us feel happy and secure, and how people choose and make friends
- (R8) the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- (R9) that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- (R10) that most friendships have ups and downs, that these can be worked through so that the friendship is repaired or strengthened, and resorting to violence is never right
- (R11) how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

Respectful relationships

- (R12) the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs
- (R13) practical steps they can take in a range of different contexts to improve or support respectful relationships
- (R14) the conventions of courtesy and manners
- (R15) the importance of self-respect and how this links to their own happiness
- (R16) that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority
- (R17) about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying) and how to get help
- (R18) what a stereotype is, and how stereotypes can be unfair, negative or destructive
- (R19) the importance of permission-seeking and giving in relationships with friends, peers and adults

Online Relationships

- (R20) that people sometimes behave differently online, including by pretending to be someone they are not
- (R21) the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when anonymous
- (R22) the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
- (R23) how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met
- (R24) how information and data is shared and used online

Being Safe

- (R25) what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)
- (R26) about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe
- (R27) that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact
- (R28) how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
- (R29) how to recognise and report feelings of being unsafe or feeling bad about any adult
- (R30) how to ask for advice or help for themselves or others, and to keep trying until they are heard
- (R31) how to report concerns or abuse, and the vocabulary and confidence needed to do so
- (R32) where to get advice e.g. family, school and/or other sources

Physical Health and Mental Wellbeing. By the end of Primary School pupils should know:

Mental Wellbeing

- (H1) that mental wellbeing is a normal part of daily life, in the same way as physical health
- (H2) that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations
- (H3) how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- (H4) how to judge whether what they are feeling and how they are behaving is appropriate and proportionate
- (H5) the benefits of physical exercise, time outdoors, community participation, voluntary and service- based activity on mental wellbeing and happiness
- (H6) simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests
- (H7) isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- (H8) that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing
- (H9) where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online)
- (H10) it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough

Internet Safety and harms

- (H11) that for most people the internet is an integral part of life and has many benefits
- (H12) about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing
- (H13) how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private
- (H14) why social media, some computer games and online gaming, for example, are age restricted
- (H15) that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health
- (H16) how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted
- (H17) where and how to report concerns and get support with issues online

Physical Health and fitness

- (H18) the characteristics and mental and physical benefits of an active lifestyle
- (H19) the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- (H20) the risks associated with an inactive lifestyle (including obesity)
- (H21) how and when to seek support including which adults to speak to in school if they are worried about their health

Healthy Eating

- (H22) what constitutes a healthy diet (including understanding calories and other nutritional content)
- (H23) the principles of planning and preparing a range of healthy meals
- (H24) the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)

Drugs, alcohol and Tobacco

(H25) the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking

Health and Prevention

(H26) how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body

(H27) about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer

(H28) the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn

(H29) about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist

(H30) about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing

(H31) the facts and science relating to allergies, immunisation and vaccination

Basic First Aid

(H32) how to make a clear and efficient call to emergency services if necessary

(H33) concepts of basic first-aid, for example dealing with common injuries, including head injuries

Changing Adolescent Body

(H34) key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

(H35) about menstrual wellbeing including the key facts about the menstrual cycle

Key Stage 1 RSHE Curriculum Map

| Year 1 | | | | | |
|--|---|---|---|---|---|
| Being me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| <p><i>Relationships Education</i></p> <p>R7 R8 R9 R12 R13 R14 R16</p> | <p><i>Relationships Education</i></p> <p>R7 R8 R9 R10 R11 R12 R13 R16 R17 R25 R29 R30 R31 R32</p> | <p><i>Relationships Education</i></p> <p>R12 R16</p> | <p><i>Relationships Education</i></p> | <p><i>Relationships Education</i></p> <p>R1 R2 R3 R4 R7 R9 R10 R11 R12 R13 R15 R16 R19 R25 R27 R28 R30</p> | <p><i>Relationships Education</i></p> <p>R1 R2 R3 R4 R6 R14 R15 R16 R19 R25 R27 R29 R32</p> |
| <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H4 H7</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H7 H8 H9</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H4 H5 H6 H18 H19 H20</p> | <p><i>Physical Health and Mental Health</i></p> <p>H1 H2 H3 H5 H6 H9 H22 H23 H24 H25 H27 H28 H29 H30</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H34</p> |
| Year 2 | | | | | |
| Being me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing e |
| <p><i>Relationships Education</i></p> <p>R12 R13 R14 R15 R16 R19 R25 R29 R30 R32</p> | <p><i>Relationships Education</i></p> <p>R7 R8 R9 R10 R11 R12 R13 R14 R16 R17 R18 R19 R20 R21 R22 R25 R29 R31 R32</p> | <p><i>Relationships Education</i></p> <p>R12 R13 R14 R15 R16 R19</p> | <p><i>Relationships Education</i></p> <p>R32</p> | <p><i>Relationships Education</i></p> <p>R1 R2 R3 R4 R5 R6 R7 R8 R9 R11 R12 R16 R19 R20 R22 R25 R26 R27 R28 R29 R30 R31 R32</p> | <p><i>Relationships Education</i></p> <p>R15 R16 R19 R25 R26 R27 R29 R30 R31 R32</p> |
| <p><i>Physical Health and Mental Health</i></p> <p>H2 H3</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H5 H11 H12 H13 H15</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H5 H8 H9 H17</p> | <p><i>Physical Health and Mental Health</i></p> <p>H1 H2 H3 H6 H7 H18 H19 H20 H21 H22 H23 H24 H25 H28 H29</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H15</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H34</p> |

Key Stage 2 RSHE Curriculum Map

| Year 3 | | | | | |
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| Being me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| <p><i>Relationships Education</i></p> <p>R7 R8 R9 R12 R13 R14 R16 R19 R20 R21 R23 R25 R32</p> | <p><i>Relationships Education</i></p> <p>R1 R2 R3 R4 R5 R6 R7 R8 R9 R10 R11 R12 R13 R15 R16 R17 R20 R21 R23 R24 R25 R30 R31 R32</p> | <p><i>Relationships Education</i></p> <p>R12 R13 R14 R15 R16 R19</p> | <p><i>Relationships Education</i></p> <p>R20 R21 R22 R23 R24 R25 R26 R28 R29 R30 R31 R32</p> | <p><i>Relationships Education</i></p> <p>R1 R2 R3 R4 R7 R8 R9 R10 R11 R12 R13 R16 R18 R20 R21 R22 R23 R24</p> | <p><i>Relationships Education</i></p> <p>R1 R2 R3 R4 R25 R26 R27 R29 R32</p> |
| <p><i>Physical Health and Mental Health</i></p> <p>H2 H3</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H4 H7 H8 H9 H11 H13 H14 H15 H16</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H4</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H5 H6 H8 H9 H11 H12 H13 H14 H15 H16 H17 H18 H19 H20 H21 H22 H23 H24 H25 H27 H28 H29 H30 H32</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H11 H12 H13 H14 H15 H16 H17</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H34 H35</p> |
| Year 4 | | | | | |
| Being me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
| <p><i>Relationships Education</i></p> <p>R7 R8 R9 R10 R11 R12 R13 R14 R16 R19 R20 R22 R25</p> | <p><i>Relationships Education</i></p> <p>R9 R11 R12 R15 R16 R17 R20 R21 R22 R23 R25 R26 R30 R31 R32</p> | <p><i>Relationships Education</i></p> <p>R12 R13 R14 R16 R19</p> | <p><i>Relationships Education</i></p> <p>R7 R8 R9 R10 R11 R12 R13 R15 R16 R19 R20 R21 R22 R23 R24 R25 R29 R30 R31 R32</p> | <p><i>Relationships Education</i></p> <p>R1 R2 R4 R7 R8 R9 R10 R11 R12 R13 R14 R16 R19 R25 R30 R32</p> | <p><i>Relationships Education</i></p> <p>R1 R2 R3 R4 R25 R26 R27 R29 R32</p> |
| <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H11 H12 H13 H14 H15 H16 H17</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H4 H7 H8 H9 H11 H12 H13 H15 H17</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H12 H15</p> | <p><i>Physical Health and Mental Health</i></p> <p>H1 H2 H3 H4 H13 H15 H17 H21 H25 H26</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H4 H6 H7 H9 H10</p> | <p><i>Physical Health and Mental Health</i></p> <p>H2 H3 H4 H26 H30 H34 H35</p> |

Year 5

| Being me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
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| <p><i>Relationships Education</i> R1, R2, R3, R4, R6 R12 R13 R14 R15 R16 R19</p> | <p><i>Relationships Education</i> R1, R2, R3, R4, R6 R7 R8 R9 R10 R11 R12 R13 R15 R16 R17 R18 R25 R26 R27 R30 R31 R32</p> | <p><i>Relationships Education</i> R1, R2, R3, R4 R7 R8 R9 R12 R15 R16 R18</p> | <p><i>Relationships Education</i> R7 R8 R9 R10 R11 R12 R13 R14 R15 R16 R17 R18 R19 R20 R21 R22 R23 R24 R25 R26 R27 R30 R31 R32</p> | <p><i>Relationships Education</i> R7 R8 R9 R10 R11 R12 R13 R14 R15 R16 R17 R18 R19 R20 R21 R22 R23 R24 R25 R26 R27 R28 R29 R30 R31 R32</p> | <p><i>Relationships Education</i> R1 R2 R3 R4 R5 R25 R26 R27 R30 R31 R32</p> |
| <p><i>Physical Health and Mental Health</i> H2 H3 H7 H9 H10</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4 H7 H8 H9 H10</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H5 H7</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4 H5 H6 H7 H8 H9 H10 H11 H12 H13 H15 H16 H17 H18 H21 H22 H23 H24 H25 H32 H33</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4 H5 H6 H7 H8 H9 H10 H11 H12 H13 H15 H16 H17 H20 H21 H28 H30</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H5 H6 H8 H9 H10 H11 H12 H14 H15 H16 H17 H18 H19 H20 H21 H22 H23 H24 H34 H35</p> |

Year 6

| Being me in my World | Celebrating Difference | Dreams and Goals | Healthy Me | Relationships | Changing Me |
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| <p><i>Relationships Education</i> R7 R8 R9 R10 R11 R12 R13 R15 R16 R19 R25 R30 R31 R32</p> | <p><i>Relationships Education</i> R7 R8 R9 R10 R11 R12 R13 R14 R15 R16 R17 R18 R19 R20 R21 R22 R23 R25 R26 R30 R31 R32</p> | <p><i>Relationships Education</i> R1 R2 R3 R4 R5 R6 R7 R8 R10 R12 R13 R15 R16 R18</p> | <p><i>Relationships Education</i> R15 R16 R18 R19 R25 R26 R27 R28 R29 R30 R31 R32</p> | <p><i>Relationships Education</i> R7 R8 R9 R10 R11 R12 R13 R14 R15 R16 R16 R17 R18 R19 R20 R21 R22 R23 R24 R25 R26 R27 R28 R29 R30 R31 R32</p> | <p><i>Relationships Education</i> R1 R2 R3 R4 R5 R6 R7 R8 R9 R10 R11 R12 R13 R14 R15 R16 R18 R19 R20 R21 R22 R23 R24 R25 R26 R27 R28 R29 R30 R31 R32</p> |
| <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4</p> | <p><i>Physical Health and Mental Health</i> H2 H3 H4 H7 H8 H9 H10 H11 H12 H13 H15 H16 H17 H21</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4 H5 H6 H7 H9 H10</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4 H5 H6 H7 H9 H10 H18 H19 H20 H21 H22 H23 H24 H25 H26 H27 H28 H29 H30 H31</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4 H5 H6 H7 H8 H9 H10 H11 H12 H13 H15 H16 H17 H18</p> | <p><i>Physical Health and Mental Health</i> H1 H2 H3 H4 H5 H6 H9 H10 H11 H12 H13 H15 H16 H17 H18 H30 H34 H35</p> |