

Relationships and Sexual Education 2021

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|  | | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Families and Friendships** | **Families and People Who Care For Me** | * Understand that families can include a range of different people * To know that families are important for children growing up | * To know that families offer love, care, and support * To know that families can be made up of different people who are related to each other. | * To understand that being part of a family provides support, stability and love * To know that a positive family life includes shared experiences. * To know that problems can occur in families and that there is help available | * To understand that families are varied and that they should respect those differences * To know that stable, caring relationships are at the heart of happy families and are important for children’s security as they grow up | * To learn what marriage/civil partnerships are * To understand that sometimes families can make children feel unhappy or unsafe and there is help available | * To know that people who love each other can be of any gender, ethnicity or faith |
| **Caring Friendships** | * To begin to understand how important positive friendships are * To begin to understand how people choose and make friends | * To learn about the characteristics of friendships * To know that healthy friendships are positive and welcoming * To learn that friendships can have difficulties that can be sorted | * To explore ways to build good friendships * To explore ways to resolve friendship problems * To recognise bullying | * To explore physical and emotional elements of friendships * To be aware that friendships have ups and downs that can be worked through * To understand why people bully | * To be aware that the ups and downs in friendships can be worked through to repair/strengthen them * To understand the impact of bullying | * To recognise who to trust and who not to trust * To judge when a friendship is making them feel uncomfortable and how to manage this and who to seek advice from |
| **Respectful Relationships** | * To learn to recognise how people show their feelings * To learn how to care and help others | * To begin to explore how my actions and behaviour affect others * To explore the conventions of manners | * To develop an understanding of self-respect * To understand what trust is and who I can trust * To understand the importance of respecting others | * To understand the importance of respecting others who make different choices or have different preferences or beliefs * To know how to be respectful and courteous | * To know to be treated with respect by others and to show others respect including those in positions of authority * To learn what a stereotype is and the effects stereotyping can have | * To learn that stereotyping can be unfair, negative or destructive * To learn the importance of permission seeking and giving in relationships * To understand that everyone deserves to be respected but that respect can be lost |
| **Online Relationships** | * To understand how to respond appropriately to adults in a range of settings | * To understand that people sometimes behave differently online | * To understand that the same principles apply to online relationships as to face to face relationships including respect * Recognise and respond to cyberbullying | * To know the rules for keeping safe online * To know where to get help if I need to | * To develop an understanding of how to ensure relationships online are safe * To recognise online risks | * To understand how information and data is shared and used online * To explore online relationships and how to deal with problems |
| **Health and Wellbeing** | **Mental Wellbeing** | * To understand my strengths and qualities * To be able to understand and describe feelings and emotions | * To recognise there is an increasing range of emotions that humans experience in relation to different experiences and situations * To recognise that mental wellbeing is a normal part of daily life | * To be able to identify personal goals * To explore my strengths * To explore my identity * To judge whether what they are feeling and how they are behaving is appropriate * To develop a growth mindset | * To develop greater empathy * To appreciate the emotions of others * To learn to take responsibility for my own emotions | * To appreciate the benefits of self-care techniques including physical exercise, community participation and rest * To understand what causes stress and how it is important to discuss and share problems to help manage my feelings * To understand that bullying has a negative effect on wellbeing | * To know how to get support if they are worried about their own or someone else’s mental wellbeing * To develop strategies for being resilient in challenging situations * To understand the positives and negatives of the internet and its impact on mental wellbeing |
| **Physical Health and Fitness** | * To know the importance of regular exercise * To understand the importance of sleep | * To understand the importance of exercise and its effect on the body * To build regular exercise into daily and weekly routines | * To develop a healthy lifestyle with a balance of exercise, balanced diet and rest * To understand the risks associated with an inactive lifestyle and poor diet | * To explore different techniques to feel calm and relaxed * To continue to have a healthy lifestyle including exercise, a healthy diet and rest | * To understand the benefits of a good night’s sleep and to develop a greater responsibility for ensuring this * To understand the relationship between stress and relaxation and exploring techniques to help | * To understand that I have a responsibility to look after my overall health * To understand the factors which contribute to my physical and mental health * To know who is available to help if they are worried about their physical health and wellbeing |
| **Healthy Eating** | * To begin to know what makes a healthy diet | * To know what makes a healthy diet | * To be aware of different food groups and the amounts I should eat to maintain a balanced diet | * To be aware of how to plan a range of healthy meals | * To be aware of how to plan and prepare a range of healthy meals | * To understand the consequences of a poor diet and the risks associated with unhealthy eating |
| **Health and Prevention** | * To understand the importance of hand hygiene * To understand how to stay safe in the sun | * To know about safe and unsafe exposure to the sun * To develop an understanding of how to look after my teeth | * To know about good dental health * To recognise that a lack of sleep can effect, weight, mood and ability to learn | * To develop independence in looking after my teeth * To know about personal hygiene and the importance of handwashing | * To begin to recognise early signs of physical illness and the actions that can be taken * To understand how to reduce the risk of sun damage | * To understand the ways of preventing illness and the benefits of immunisation * To know about the facts and science relating to allergies, immunisation and vaccination |
| **Safety and the Changing Body** | **Being Safe** | * To develop an understanding of appropriate physical contact * To understand what to do if I get lost * To understand potential hazards in the home * To be aware of how to recognise safe adults in school | * To understand the difference between secrets and surprises * To understand the concept of privacy * To learn how to cross roads safely | * To understand ways to keep safe when near to and crossing roads * To be aware of safety near railway lines | * To know how to ask for help or advice and to keep trying until they are heard | * To feel confident to report concerns and the vocabulary to use to convey the problem | * To know where to get advice for example family, school or other sources |
| **Internet Safety and Harms** | * To understand that the internet is part of our everyday lives and has many benefits | * To know about the benefits of rationing time spent online * To begin to understand the importance of staying safe online | * To develop skills as a responsible digital citizen * To begin to recognise unsafe digital content | * To recognise why social media, some computer games and online gaming are age restricted | * To recognise that the internet can also be a negative place where online abuse, trolling and bullying can occur | * To understand that information online is ranked, selected and targeted and I need to be aware of this to stay safe |
| **Drugs, Alcohol and Tobacco** | * To know what is and isn’t safe to put in or on my body | * To learn how to stay safe around medicines | * To explore that people can influence me and I need to make the right decision for me | * To understand the risks associated with smoking | * To understand the risks associated with alcohol | * To understand the risks associated with drugs * To know the facts about legal and illegal harmful substances |
| **Basic First Aid** | * To understand what is an emergency * To know how to make a call to the emergency services | * To know what information needs to be relayed when making an emergency call | * To know how to call the emergency services in a clear efficient way * To know how to respond to basic first aid such as stings | * To know how to help someone with asthma | * To know how to help someone bleeding | * To feel confident to deal with someone choking * To be able to help in situations with a range of common injuries. |
| **Changing Adolescent Body** | * To understand ways in which I am alike and different from others | * To know the names for parts of my body including agreed names for genitalia | * To develop an understanding of physical and emotional changes as I grow up | * To develop an understanding of the main aspects of puberty | * To learn about the emotional changes during puberty * To be taught about menstruation | * To know how a baby is conceived and how it develops |