

Curriculum Overview:

Relationships and Sex Education (RSE)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Being Safe	Body Privacy and Saying Yes or No (PANTS rule) Worries & Asking for Help		Early warning signs, saying yes or no, secrets			Body Privacy Physical Contact & Appropriate Touch
Family & Friendships, Relationships	Special People Friends and Friendships	Family: Kindness & Relationships, Love	Changes in relationships (when things go wrong)	Types of relationships (love and commitment)		
Identity		Boys, girls and Stereotypes Changes in growth	Gender Expectations		Body changes and puberty	Media Influences: masculinity and femininity
Online Relationships and Media	Being safe in unfamiliar situations Private and Privacy		Personal Boundaries and the right to privacy			Pressure to share and dares

Feelings and Attitudes	Feeling happy and sad	Feelings and impact on self and others Coping with feelings and change	Changing feelings		Changing feelings Dealing with strong feelings Challenging the impact of feelings on self.	
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Digital and Media Literacy (DML)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Online Content and critical Thinking		Sources of internet information	Validity of Information		Online vs Real World Knowing people online	
Self-image, Mental Health and Wellbeing		Online Activities Identities online and offline			Identities online and influence Managing time online	
Staying Safe Online	Privacy and information			Online security and sharing information Legal Use of Information		
Online Reputation		Digital footprints Risks of sharing online	Online profiles and age appropriateness			
Online Relationships and Cyberbullying		Communicating with others online			Cyberbullying and negative behaviours.	

Physical Health and Wellbeing (PHWB)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Drugs, Alcohol and Tobacco				Everyday substances (inc caffeine)	Drugs and usage	Tobacco and Smoking Pressure Influence
Eating Well and Being Active		Food practice and choice Being healthy and active		Healthier lifestyle choices Habits and Choices		
Hygiene and Protecting Your Health		Well, unwell and the spread of germs Keeping Clean		Cleanliness, germs and immunisation Sleep and health		
Keeping Safe and Emergencies	Helping us stay safe Staying safe in emergencies		Responsibility to be safe			
Keeping Safe and Risks	Feeling Safe	Fair/Unfair Right/Wrong Rules	Safety rules and laws	Making decisions, taking risks and influences		

Emotional Health and Wellbeing (EHWB)	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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Emotional Resilience	Secrets and Privacy Recognising Feelings	Managing Feelings			Changes (inc puberty) Feelings and emotions	
Sense of Self		Stereotypes – boys and girls Uniqueness, Similarities, Difference Being good at things and achievement	Self esteem	Achievements and goals		Image and Representation
Wellbeing		Well and unwell		Sleep and our emotional health		Health and well being
Relationships	Right/Wrong Friends/Bullying	Belonging and responsibilities	Friendships and bullying Community and belonging	Community and belonging Pressure and Uncertain feelings		Pressure and Uncertain feelings

Transition		Changing behaviours Coping with loss and changing situations.				Saying goodbye and moving on Understanding change Learning and Achievement
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