

Appendix 1

RSHE Policy Curriculum Map

YEAR GROUP TERM	THEME DETAILS	
Year 1 Across 3 terms	<p><u>Families and people who care for me</u> To know that families are important for children growing up because they can give love, security and stability</p> <p><u>Caring friendships</u> To understand how important friendships are in making us feel happy and secure and how people choose and make friends</p> <p><u>Respectful Relationships</u> To know the importance of respecting others, even when they are very different from them or make different choices or have different preferences or beliefs</p> <p><u>Online relationships</u> To know that people sometimes behave differently online, including by pretending to be someone they are not</p> <p><u>Being Safe</u> To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context.)</p> <p><u>Mental Wellbeing</u> To understand that mental wellbeing is a normal part of daily life, in the same way as physical health</p> <p><u>Internet safety and harms</u> To know that for most people the internet is an integral part of life and has many benefits</p> <p><u>Physical health</u> To understand the characteristics and mental and physical benefits of an active lifestyle To know about dental health and the importance of regular dental check ups To know some basic first aid</p>	



YEAR GROUP TERM	THEME DETAILS	
Year 2 Across 3 terms	<p>Families and people who care for me</p> <p>To know 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</p>	
	<p>Caring friendships</p> <p>To know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</p>	
	<p>Respectful relationships</p> <p>To know some practical steps they can take to improve or support respectful relationships</p>	
	<p>Online relationships</p> <p>To know that the same principles apply to online relationships as face-to-face relationships, including the importance of respect for others online when we are anonymous</p>	
	<p>Being safe</p> <p>To know 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</p>	
	<p>Mental wellbeing</p> <p>To know that there is a normal range of emotions and a scale of emotions that all humans experience in relation to different experiences and situations</p>	
	<p>Internet safety and harms</p> <p>To understand the benefits of rationing time spent online and the risks of excessive time spent on electronic devices and their own and other's mental and physical wellbeing</p>	
	<p>Physical health and fitness</p> <p>To understand the importance of regular exercise and how to build this in to a daily routine.</p> <p>To know about how to keep safe in the sun</p>	



YEAR GROUP TERM	THEME DETAILS
Year 3 Across 3 terms	<p>Families and people who care for us To know that others' families 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</p>
	<p>Caring friendships To know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</p>
	<p>Respectful relationships To know the conventions of courtesy and manners</p>
	<p>Online relationships To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them</p>
	<p>Being safe To know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical , and other contact</p>
	<p>Mental wellbeing To know 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 To understand that there are simple self-care techniques including the importance of rest, time spent with family and friends and the benefits of hobbies and interests</p>
	<p>Internet safety and harms To know how to consider the effect of their online actions on others and how to recognise and display respectful behaviour online and the importance of keeping personal information private</p>
	<p>Physical health and fitness To know the risks associated with an inactive lifestyle (including obesity) To understand the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</p>



YEAR GROUP TERM	THEME DETAILS	
Year 4 Across 3 terms	<p><u>Families and people who care for me</u></p> <p>To know 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</p>	
	<p><u>Caring friendships</u></p> <p>To know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired and even strengthened, and that resorting to violence is never right</p>	
	<p><u>Respectful relationships</u></p> <p>To know the importance of self-respect and how this links to their own happiness</p>	
	<p><u>Online relationships</u></p> <p>To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</p>	
	<p><u>Being safe</u></p> <p>To know how to respond safely and appropriately to adults they may encounter whom they do not know</p>	
	<p><u>Mental wellbeing</u></p> <p>To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate</p>	
	<p><u>Internet safety and harms</u></p> <p>To know why social media, some computer games and online gaming, for example are age restricted</p>	
	<p><u>Physical health and fitness</u></p> <p>To know the characteristics of poor diet and risks associated with unhealthy eating (including for example, obesity and tooth decay) and other behaviours (eg the impact of alcohol on diet or health)</p>	



TERM	THEME DETAILS	
Year 5 Across 3 terms	<p><u>Families and people who care for me</u></p> <p>To know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</p>	
	<p><u>Caring friendships</u></p> <p>To learn how to recognise who to trust and who not to trust and how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict and how to manage these situations</p>	
	<p><u>Respectful relationships</u></p> <p>To know 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</p>	
	<p><u>Online relationships</u></p> <p>To know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</p>	
	<p><u>Being safe</u></p> <p>To know how to recognise and report feelings of being unsafe or feeling bad about any adult</p>	
	<p><u>Mental wellbeing</u></p> <p>To understand the benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental wellbeing and happiness</p> <p>To understand that it is common for people to experience ill mental health and that for many people who do, the problems can be resolved if the right support is made available.</p>	
	<p><u>Internet safety and harms</u></p> <p>To understand 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</p>	
	<p><u>Physical health and fitness</u></p> <p>To know the principles of planning and preparing a range of healthy meals</p>	



TERM	THEME DETAILS	
Year 6 Across 3 terms	<p><u>Families and people who care for me</u></p> <p>To know how to recognise if family relationships are making them feel unhappy or unsafe</p>	
	<p><u>Respectful relationships</u></p> <p>To know what a stereotype is, and how stereotypes can be unfair, negative or destructive</p> <p>To understand the importance of permission-seeking and giving in relationships, with friends, peers and adults</p>	
	<p><u>Online relationships</u></p> <p>To know how information and data is shared and used online</p>	
	<p><u>Mental wellbeing</u></p> <p>To understand that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support</p> <p>To know that bullying (including cyber-bullying) has a negative and often long lasting impact on mental wellbeing</p>	
	<p><u>Internet safety and harms</u></p> <p>To understand how to be a discerning consumer of information online including understanding that information, including that from search engines and that it is ranked, selected and targeted</p>	
	<p><u>Physical health and fitness</u></p> <p>To know what constitutes a healthy diet (including understanding calories and other nutritional content)</p> <p>To know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking</p>	
	<p><u>Changing adolescent body</u></p> <p>To know the key facts about puberty and the changing adolescent body, including physical and emotional changes</p> <p>To know about menstrual wellbeing including the key facts about the menstrual cycle</p>	School Nurses

