

Relationships and Sex Education / Personal, Social and Health Education

Curriculum Content

Year A	Autumn	Spring	Summer	Assessment Opportunities
EYFS	Concept: My Feelings / My Body	Concept: My Relationships / My Beliefs	Concept: My Rights and Responsibilities / Asking for Help	Identified in the Educator Solutions resources.
	Content: Basic Personal Hygiene How we describe feelings How we manage feelings	Content: Similarities and differences in our lives Likes, dislikes and making choices	Content: Personal privacy Respecting personal privacy Special people How special people care for others	
	Resource: Educator Solutions RSE EYFS	Resource: Educator Solutions RSE EYFS	Resource: Educator Solutions RSE EYFS	
	Concept: All About Me	Concept: Calm or Relaxed	Concept: Money what is it for?	Can children identify their family and key characteristics? Can children recognise triggers for anger and how to keep calm? Can children describe what money is? Where it can be kept safe and how money is accessed/ earned?
	Content: Who am I? Who is my family? What do I like? What don't I like? How I can tell others about me.	Content: Calming strategies Relaxation / breathing Yoga Why should we try to be calm	Content: Why do we have money? What would life be like without money? What is a bank? How do we get money?	
	Resource: https://www.twinkl.co.uk/resources/early-years-understanding-the-world/early-years-everyday-life/early-years-ourselves-all-about-me	Resource: Volcano in my tummy, Anger Gremlins, Seeing Red https://www.twinkl.co.uk/resource/t-c-1468-top-ten-relaxation-techniques-with-children	Resource: https://www.citypayitforward.com/wp-content/uploads/Primary-Planning-Framework-WEB-Sept-18-1.pdf	
KS1	Concept: My Feelings / My Body	Concept: My Relationships / My Beliefs	Concept: My Rights and Responsibilities / Asking for Help	Identified in the Educator Solutions resources.
	Content: Recognising feelings and how to respond Naming parts of the body Naming external genitalia using correct scientific terms	Content: Listening to others Playing and working co-operatively Resolving arguments	Content: The right to be protected from diseases The right to protect others disease Who to go to if you are worried How to someone who helps attention	
	Resource: Educator Solutions RSE Yr1	Resource: Educator Solutions RSE Yr1	Resource: Educator Solutions RSE Yr1	

Lower KS2

	<p>Concept: All About My Family</p> <p>Content: What is a family The different sorts of families My place in my family How families can change (death / birth)</p>	<p>Concept: Scared or Afraid</p> <p>Content: What makes me scared? Is it okay to be afraid? How I can overcome my worries</p>	<p>Concept: Pocket Money</p> <p>Content: How do I earn pocket money? What do I do if I want to buy something big? Should we all get the same?</p>	<p>Can children recognise the different make up of families?</p> <p>Can children identify what makes them worried and how they can address it?</p>
	<p>Resource: Stonewall resources https://www.stonewall.org.uk/resources/different-families-same-love-pack</p>	<p>Resource: https://www.foundationyears.org.uk/files/2011/10/SEAL_-getonfallout.pdf</p>	<p>Resource: https://www.citypayitforward.com/wp-content/uploads/Primary-Planning-Framework-WEB-Sept-18-1.pdf</p>	<p>Can children see the value of having their own money and how to save?</p>
	<p>Concept: My Feelings / My Body</p> <p>Content: What are my strengths? Setting aspirational goals Developing self-esteem How my body changes as I grow and develop? How to care for my body? Celebrating uniqueness</p>	<p>Concept: My Relationships / My Beliefs</p> <p>Content: Recognise a wide range of relationships Positive healthy relationships Challenging gender stereotypes There is more than one way to be a boy / girl</p>	<p>Concept: My Rights and Responsibilities / Asking for Help</p> <p>Content: Right to protecting my body from unwanted touch Difference between secrets and surprise Know when to break a confidence and share a secret</p>	<p>Identified in the Educator Solutions resources.</p>
<p>Resource: Educator Solutions RSE Yr3</p>	<p>Resource: Educator Solutions RSE Yr3</p>	<p>Resource: Educator Solutions RSE Yr3</p>		
	<p>Concept: Friendship / Getting Along</p> <p>Content: Who are my friends? Stranger danger Finding common interests Is it okay to be different?</p>	<p>Concept: Manners and Rules</p> <p>Content: Good Manners Following rules Laws and democracy</p>	<p>Concept: Piggy Bank / Savings</p> <p>Why is it good to save a little? Having a goal Should we save no matter what?</p>	<p>Can children recognise what a good friendship is and how to deal with strangers?</p> <p>Can children identify what good manners are and why we have rules and laws?</p>
	<p>Resource: https://www.bbc.co.uk/bitesize/topics/zy77hyc https://www.everyschool.co.uk/pshe-key-stage-2-choices-and-friendship.html</p>	<p>Resource: https://www.teacherplanet.com/content/manners</p>	<p>Resource: https://www.citypayitforward.com/wp-content/uploads/Primary-Planning-Framework-WEB-Sept-18-1.pdf</p>	<p>Can children understand what saving is, how we can save in different ways and how we can do this responsibly?</p>

Upper KS2

Concept: My Feelings / My Body	Concept: My Relationships / My Beliefs	Concept: My Rights and Responsibilities / Asking for Help	Identified in the Educator Solutions resources.
Content: Anticipate how emotions change through puberty Anticipate how my body changes through puberty	Content: Identify healthy relationships and skills need to help and manage these Know correct terms associated with gender identity and sexual orientation Understand unacceptability of homophobic and transphobic bullying	Content: Strategies for keeping safe online How images can be shared without permission Managing accidental exposure to explicit images and upsetting on line material	
Resource: Educator Solutions RSE Yr5	Resource: Educator Solutions RSE Yr5	Resource: Educator Solutions RSE Yr5	
Concept: Developing Confidence / Self Esteem	Concept: Drugs Education	Concept: Financial Education	Can children see what is unique about them and what they should be proud and confident about? Can children identify the difference between medicine and drugs and what addiction is? Can children set budgets and follow them? Can children understand the concept of good and bad debt?
Content: What is good about me? What do I want to be better at? Personal action plan? What does success look like?	Content: Drugs Addiction Staying safe Dangers and hazards	Content: What is Money and its function in society? Saving and Spending (need v want) Budget and Debt	
Resource: Happy in my skin (Intervention Resource) https://www.pshe-association.org.uk/curriculum-and-resources/resources/dove-self-esteem-project-teaching-resources-five	Resource: http://www.nottinghamschools.org.uk/media/1169972/ks2-jed-ted-lessonplanslr.pdf	Resource: Economic and Financial Wellbeing – Financial Education for Yr6 https://www.citypayitforward.com/year-6-teachers-manual/	

Year B	Autumn	Spring	Summer	Assessment Opportunities
EYFS	Concept: My Feelings / My Body	Concept: My Relationships / My Beliefs	Concept: My Rights and Responsibilities / Asking for Help	Identified in the Educator Solutions resources.
	Content: Basic Personal Hygiene How we describe feelings How we manage feelings	Content: Similarities and differences in our lives Likes, dislikes and making choices	Content: Personal privacy Respecting personal privacy Special people How special people care for others	
	Resource: Educator Solutions RSE EYFS	Resource: Educator Solutions RSE EYFS	Resource: Educator Solutions RSE EYFS	
	Concept: All About Me	Concept: Calm or Relaxed	Concept: Money what is it for?	Can children identify their family and key characteristics? Can children recognise triggers for anger and how to keep calm? Can children describe what money is? Where it can be kept safe and how money is accessed/ earned?
	Content: Who am I? Who is my family? What do I like? What don't I like? How I can tell others about me.	Content: Calming strategies Relaxation / breathing Yoga Why should we try to be calm	Content: English money Foreign currency The value of money	
	Resource: https://www.twinkl.co.uk/resources/early-years-understanding-the-world/early-years-everyday-life/early-years-ourselves-all-about-me	Resource: Volcano in my tummy, Anger Gremlins, Seeing Red https://www.twinkl.co.uk/resource/t-c-1468-top-ten-relaxation-techniques-with-children	Resource: https://www.citypayitforward.com/wp-content/uploads/Primary-Planning-Framework-WEB-Sept-18-1.pdf	
	Concept: My Feelings / My Body	Concept: My Relationships / My Beliefs	Concept: My Rights and Responsibilities / Asking for Help	
Content: Recognising and celebrating strengths and achievements Setting simple but challenging goals Growing and changing throughout life	Content: Understanding bullying is wrong and unacceptable Understanding families can be different	Content: What kind of physical contact is acceptable? What is comfortable/ uncomfortable and how should I respond? Not keeping a secret that makes them uncomfortable, worried or afraid.	Identified in the Educator Solutions resources.	
Resource: Educator Solutions RSE Yr2	Resource: Educator Solutions RSE Yr2	Resource: Educator Solutions RSE Yr2		
Concept: Aspirations What are my options?	Concept: Problem Solving Together There is no 'I' in TEAM	Concept: Fund Raising in School Content:		Can children identify what aspiration is and set

Lower KS2

	How can I get there? Reach for the stars	Using the team skills Listening and speaking Following direction	Finding a cause Planning a fundraiser Making a profit	realistic and optimistic goals?
	Resources: https://www.pshe-association.org.uk/curriculum-and-resources/resources/raising-aspirations-inspiring-futures	Resources: https://www.bbc.co.uk/bitesize/clips/zg3s34j https://www.sasp.co.uk/uploads/oa-year-1-2-lessons-1-12.pdf	Resource: https://www.citypayitforward.com/wp-content/uploads/Primary-Planning-Framework-WEB-Sept-18-1.pdf	Can children cooperate and collaborate to solve problems together? Can children plan simple fundraising for a identified charity in school?
	Concept: My Feelings / My Body	Concept: My Relationships / My Beliefs	Concept: My Rights and Responsibilities / Asking for Help	Identified in the Educator Solutions resources.
	Content: Recognise and respond to a wide range of emotions in themselves and others Reflect on how my body changes and understand some are related to puberty	Content: Judge what kind of physical behaviours and contact or acceptable/ unacceptable and ways to respond Recognise similarities and differences between people arise from a number of factors	Content: Know marriage is a commitment freely entered into by both people No one should marry they don't absolutely want to or are not making the decision freely for themselves Recognise when I may need help to manage a situation and developed skills to ask for help	
	Resource: Educator Solutions RSE Yr4	Resource: Educator Solutions RSE Yr4	Resource: Educator Solutions RSE Yr4	
	Concepts: What Job Might I do?	Concept: Basic First Aid	Concept: Fundraising for Others	Can children recognise the purpose and need of different jobs and professions for a functioning society?
	Professional Vocational 'Gender Jobs' – no such thing! Skills sets Interests can become jobs	Cuts Bruises Bangs and bumps Risk assessing and responding	Content: Charities and their work Making a difference Sustainable support Sponsoring	Can children administer simple first aid? Can children risk assess?
Resources: https://www.bbc.co.uk/teach/class-clips-video/pshe-ks1-ks2-what-is-my-job/zrdkt39 https://www.twinkl.co.uk/resources/ks2-pshe/living-in-the-wider-world-pshe-subjects-key-stage-2/ks2-the-world-of-work	Resource: https://lifeliveit.redcross.org.uk/	Resource: https://www.citypayitforward.com/wp-content/uploads/Primary-Planning-Framework-WEB-Sept-18-1.pdf	Can children undertake a sustained fundraising commitment, plan, organise and deliver a series of events?	

Upper KS2

<p>Concept: My Feelings / My Body</p>	<p>Concept: My Relationships / My Beliefs</p>	<p>Concept: My Rights and Responsibilities / Asking for Help</p>	<p>Identified in the Educator Solutions resources.</p>
<p>Content: Recognise how images in the media do not reflect reality and can affect how they feel about themselves Explain what sex intercourse is and how this leads to reproduction using the correct terms for male and female organs</p>	<p>Content: Realise the nature and consequences of discrimination, including prejudiced based language Pupils know some cultural practices are against British Law (inc FGM)</p>	<p>Content: Infections can be shared in sexual intercourse Condoms can prevent STDs Develop skills to know, when, who and how to ask for help – independently or with support</p>	
<p>Resource: Educator Solutions RSE Yr6</p>	<p>Resource: Educator Solutions RSE Yr6</p>	<p>Resource: Educator Solutions RSE Yr6</p>	
<p>Concepts: Careers and Qualifications Career pathways to different posts Qualifications and universities Independent learning Realistic goals/ barriers to success</p>	<p>Concept: First Aid CPR CPR Revise Cuts, bruises, bangs and bruises Safety awareness Mental health and well being</p>	<p>Concept: Supporting a Charity Content: Charities that mean something Long term support Global change through social action</p>	<p>Can children identify different career pathways including professional and vocational and begin to determine what they may wish to undertake in later life?</p> <p>Can children administer CPR?</p> <p>Can children identify, plan and deliver action for social change?</p>
<p>Resource: https://www.bbc.co.uk/bitesize/topics/znwxxnb/resources/1 https://weaspire.co.uk/documents/Aspirations-brochure.pdf https://www.myworldofwork.co.uk/partner-resources</p>	<p>Resource: https://lifeliveit.redcross.org.uk/ https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-training-in-schools/quality-assured-pshe-teaching-resources https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-lesson-plans</p>	<p>Resource: https://www.citypayitforward.com/wp-content/uploads/Primary-Planning-Framework-WEB-Sept-18-1.pdf</p>	