






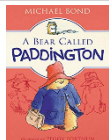









RSE curriculum

Relationship Education


Relationship Education					
	Families and people who care for me	Caring friendships	Respectful relationships	Being Safe	Online Relationships
Year 1 RSE Obj.		I know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	I know the practical steps I can take in a range of different contexts to improve or support respectful relationships.	I 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. I know how to recognise and report feelings of being unsafe or feeling bad about any adult.	I know that people sometimes behave differently online, including by pretending to be someone they are not.
Theme and Book		Oh We Do Like To Be Beside The Seaside 	Dinosaurs 	It's Never Dull In Hull / Who's Afraid of the Big Bad Wolf  	
Year 2 RSE Obj.	I know that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	I know how important friendships are in making us feel happy and secure, and how people choose and make friends.		I know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	I know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.
Theme and Book	Her Majesty (2.1 Belonging) 	Her Majesty 		Down At The Bottom Of The Garden 	



Year 3 RSE Obj	<i>I 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.</i>	I know the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.			I know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
Theme and Book	Deepest Darkest Peru 	Who Let the Gods Out 			
Year 4 RSE Obj.	I know how to recognise if family relationships are making me feel unhappy or unsafe, and how to seek help or advice from others if needed.	I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	<p>I know the conventions of courtesy and manners.</p> <p>I know what a stereotype is, and how stereotypes can be unfair, negative or destructive.</p> <p>I know the importance of respecting others, even when they are very different from us (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>I know the importance of self-respect and how this links to my own happiness.</p> <p>I know the importance of permission-seeking and giving in relationships with friends, peers and adults.</p>	<p>I know how to respond safely and appropriately to adults I may encounter (in all contexts, including online) whom I do not know.</p> <p>I know how to ask for advice or help for myself or others, and to keep trying until I am heard.</p>	I know how to critically consider my online friendships and sources of information including awareness of the risks associated with people I have never met.




Theme and Book	<i>Revolting Children</i> 	Volatile Volcano 	<i>The Chocolate Room</i> <i>The Boy In The Dress</i> <i>Amazing Amazon</i> <i>The Lion, The Witch & The Wardrobe</i>    	Cogheart Disaster  	I know how information and data is shared and used online.
Year 5 RSE Obj.	I know that others' families, either in school or in the wider world, sometimes look different from my family, but that I should respect those differences or know that other children's families are also characterised by love and care.	I know how to recognise who to trust and who not to trust, how to judge when a friendship is making me feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	I know that in school and in wider society I can expect to be treated with respect by others, and that in turn I should show due respect to others, including those in positions of authority.	I know where to get advice e.g. family, school and/or other sources.	
Theme and Book	<i>The Great Adventure</i> 	<i>You're a Wizard, Harry!</i> 	Silverfin 	Journey to Jo'Burg  	
Year 6	I 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. I know that families are important for children growing up because they can give love, security and stability.		I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	I know how to report concerns or abuse, and the vocabulary and confidence needed to do so. I know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	




Theme and Book	<p>Right to Fight Girl of Ink & Stars</p> 		<p>A Million Dreams</p> 	<p>Holes (Romeo Romeo) Secondary Ready</p> 	
----------------	---	--	---	--	--

In Year 5, the school nurse delivers a puberty talk.
 In Year 6, the school nurse delivers sex education, which parents have the right to opt their children out of.

Physical health and mental wellbeing								
	Mental Wellbeing	Physical health and fitness	Healthy eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid	Changing adolescent body	Internet safety and harms
Year 1 RSE Obj	<p>I know 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.</p> <p>I know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p>							I know that for most people the internet is an integral part of life and has many benefits.
Theme and Book	<p><i>Winnie The Pooh Down on the Farm</i></p> 							

Year 3 RSE Obj.	<p>I know how to recognise and talk about my emotions, including having a varied vocabulary of words to use when talking about my own and others' feelings.</p> <p>I know that mental wellbeing is a normal part of daily life, in the same way as physical health.</p>	<p>I know how and when to seek support including which adults to speak to in school if I am worried about my health.</p>						<p>I know how to consider the effect of my online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</p>
Theme and Book	<p>Ee By Gum! Just Keep Swimming</p> 	<p>Revolting Children</p> 						

Year 5 RSE Obj.	<p>I know how to judge whether what I am feeling and how I am behaving is appropriate and proportionate.</p> <p>I know where and how to seek support (including recognising the triggers for seeking support), including whom in school I should speak to if I am worried about my own or someone else's mental wellbeing or ability to control our emotions (including issues arising online).</p>	<p>I know the characteristics and mental and physical benefits of an active lifestyle.</p> <p>I know 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.</p>			<p>I know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p>			<p>I know 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>
Theme and Book	<p>Out of this World The Great Adventure</p> 	<p>You're a Wizard, Harry! Silverfin</p> 			<p>Journey to Jo'Burg</p> 			

Year 6 RSE Obj.	<p>I know 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>I know that 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.</p>			I know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		I know the concepts of basic first-aid, for example dealing with common injuries, including head injuries.	<p>I know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</p> <p>I know about menstrual wellbeing including the key facts about the menstrual cycle.</p>	<p>I know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</p> <p>I know where and how to report concerns and get support with issues online.</p>
Theme and Book	<p><i>Secondary Ready</i> <i>Holes (Romeo Romeo)</i></p> 			<p><i>Holes (Romeo Romeo)</i></p> 		<p><i>Right to Fight</i></p> 	<p><i>A Million Dreams</i></p> 