

## Relationships and sex education curriculum map 2021

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 1	Autumn 1	Internet safety and harms/ Online relationships / Being safe The Internet (Hector's world) Lessons 1-4 <ul style="list-style-type: none"> <li>- Children understand that not everyone they meet is automatically trustworthy.</li> <li>- Children begin to identify the characteristics of people that are worthy of their trust and who can help them make positive choices to keep them safe.</li> <li>- Children understand that some information about themselves is special because it makes them unique.</li> <li>- Children know that they should never give out their personal details online without a parent or teacher's permission.</li> <li>- Children can identify situations in which it is wise to turn to a trusted adult for help. Children understand that their emotions can be a powerful tool to help them assess unsafe situations.</li> <li>- Children can identify some of the physical sensations that alert us to unsafe situations.</li> </ul>	Hectors world online resource
Year 1	Spring 1	My life <ul style="list-style-type: none"> <li>- My family and friends – knowing which people are important to me and how to be a good friend.</li> <li>- Personal safety – how can I keep safe.</li> <li>- Impressions – the importance of personal appearance and how to make a good impression</li> </ul> Mental Wellbeing <ul style="list-style-type: none"> <li>- My mind being healthy – what do we need to stay healthy</li> <li>- My mind feelings and emotions – I can explain how I'm feeling</li> <li>- My mind self-awareness – the importance of knowing your worries and how people can help</li> </ul>	PowerPoints

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 1	Summer 1	<p>My Life</p> <ul style="list-style-type: none"> <li>- Responsibility – understand what being responsible means and why it is important</li> </ul> <p>Healthy eating</p> <ul style="list-style-type: none"> <li>- Healthy eating – what healthy eating means and the best foods to eat</li> </ul> <p>Physical fitness and health</p> <ul style="list-style-type: none"> <li>- Keeping healthy – how to keep your mind and body healthy</li> <li>- Get moving – why should we do exercise</li> <li>- Mindfulness – being able to manage your feelings</li> </ul>	PowerPoints
Year 2	Autumn 1	<p>Online Safety – Internet safety and harms/ Online relationships / Being safe</p> <ul style="list-style-type: none"> <li>- Personal information</li> <li>- Being careful online</li> <li>- Games and apps</li> <li>- Using emails</li> <li>- Searching the net</li> </ul>	Powerpoints
Year 2	Spring 1	<p>My Life</p> <ul style="list-style-type: none"> <li>- Being proud – what are you proud about?</li> <li>- Choices and consequences – how to be a good friend</li> <li>- Character traits – what do we mean by positive character traits</li> <li>- Hobbies and clubs – the benefits of joining in clubs and having hobbies</li> </ul> <p>Mental wellbeing</p> <ul style="list-style-type: none"> <li>- My mind challenge and determination – why challenging yourself is important and having determination to solve problems is important</li> <li>- My mind keeping cool and support network – how to deal with your feelings and who to ask for help</li> </ul>	PowerPoints

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Year 2	Summer 1	<p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- Hydration – why water is so important to staying healthy and what are healthy drinks</li> <li>- Personal hygiene – why it's important to be hygienic and how to have a routine</li> <li>- Healthy behaviours – why we need to have healthy behaviours for a healthy life</li> </ul> <p>Physical Health and Fitness</p> <ul style="list-style-type: none"> <li>- Sleeping – understand how sleep affects our life</li> <li>- Being mindful – why being mindful is good for our health</li> </ul>	PowerPoints
Year 3	Autumn 1	<p>Internet safety and harms/ Online relationships / Being safe</p> <ul style="list-style-type: none"> <li>- Intro to Esafety (year 3)</li> <li>- Exploring online</li> <li>- Communication devices</li> <li>- Communicating online</li> <li>- Personal information</li> </ul>	Powerpoints
Year 3	Spring 1	<p>My life</p> <ul style="list-style-type: none"> <li>- Lifestyle – what it means, what are healthy activities and why it is important</li> <li>- Confidence – what is self-esteem and confidence, discussion of children's strengths and how to improve their confidence.</li> <li>- Pride – what it is, how it feels to be proud, what are your achievements and to appreciate why we are proud of our friends</li> </ul> <p>Mental Wellbeing</p> <ul style="list-style-type: none"> <li>- My mind – why it's important to keep a healthy mind and how we can do that</li> </ul>	PowerPoints

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 3	Summer 1	<p>My Life</p> <ul style="list-style-type: none"> <li>- Impressions – how to make a good impression</li> </ul> <p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- Healthy eating – what is healthy eating, learning about different food groups and nutrients and which foods are healthy/unhealthy</li> </ul> <p>Physical fitness</p> <ul style="list-style-type: none"> <li>- Physical health – what is physical health, why we need to keep healthy and how to do it</li> <li>- Being active – how you can keep active daily and why its important</li> </ul> <p>Allergies – the facts and science relating to allergies</p> <p>Stereotyping – what a stereotype is and why they can be unfair</p>	PowerPoints
Year 4	Autumn 1	<p>Internet safety and harms/ Online relationships / Being safe</p> <ul style="list-style-type: none"> <li>- Games and apps</li> <li>- Cyberbullying</li> <li>- Online situations</li> <li>- Being smart online</li> <li>- Goldilocks story</li> </ul>	
Year 4	Spring 1	<p>My Life</p> <ul style="list-style-type: none"> <li>- Choices and consequences – to identify healthy lifestyle choices, discuss how to make good life choices</li> <li>- Character traits – what they are, how to identify different traits and what we mean by a positive character</li> <li>- Relationships – what are good relationships, how to make good and bad friendship choices and how to be positive and value friendship</li> </ul> <p>Mental wellbeing</p> <ul style="list-style-type: none"> <li>- Feelings and emotions – what we mean by feelings and how to cope with them</li> <li>- Mind training – to understand what growth and fixed mindset are and to understand the benefits of challenge.</li> </ul>	PowerPoints

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 4	Summer 1	<p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- Smart choices – understand how make healthy food choices, how to read food labels and how to make healthy food swaps.</li> <li>- Hydration – why water is important to our bodies and how we can drink enough each day</li> </ul> <p>Physical Health and Fitness</p> <ul style="list-style-type: none"> <li>- Healthy routines – what they are, why they're important and how to create one</li> <li>- Recharge – what this means, why it's important and how we can recharge</li> </ul> <p>The facts relating to immunisation – why immunisation is so important for our health</p> <p>Stereotyping – what it is and how it can be unfair.</p>	PowerPoints
Year 5	Autumn 1	<p>Internet safety and harms/ Online relationships / Being safe</p> <ul style="list-style-type: none"> <li>- Intro to Safety (year 5)</li> <li>- Social media</li> <li>- Cyber-bullying</li> <li>- Online Communication</li> <li>- Digital footprints</li> </ul> <p>Sex Education</p> <ul style="list-style-type: none"> <li>- Correct terminology for our bodies (male and female)</li> </ul>	<p>PowerPoints</p> <p>Sex Education to be delivered by expert external provider</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 5	Spring 1	<p>My Life</p> <ul style="list-style-type: none"> <li>- Connections – what connections they have, the characteristics of a good friend and why it's important to have friends</li> <li>- Challenge – how to cope with obstacles in life and how to take on new challenges</li> <li>- Hobbies – to identify hobbies and interests, why they are important and how to take part in them</li> </ul> <p>Mental wellbeing</p> <ul style="list-style-type: none"> <li>- Self-management – how to keep our minds healthy and how to manage ourselves and self-control</li> <li>- Self-control – how to recognise and describe times when we feel overwhelmed, and to identify appropriate and calming down strategies.</li> </ul> <p>Stereotyping – how stereotypes can be negative and destructive</p> <p>Sex education</p> <ul style="list-style-type: none"> <li>- Key facts about puberty and the changing adolescent body, including physical and emotional change</li> <li>- Menstrual wellbeing, including key facts about the menstrual cycle</li> </ul>	<p>PowerPoints</p> <p>Sex Education to be delivered by expert external provider</p>

YEAR GROUP	TERM	TOPIC/THEME DETAILS	RESOURCES
Year 5	Summer 1	<p>Different types of families – do all families look the same, what is marriage</p> <p>Healthy eating</p> <ul style="list-style-type: none"> <li>- Nutritional fundamentals – what are the different food groups, the best foods to eat to stay healthy</li> <li>- Energy levels – what is energy balance, how we can maintain energy levels, how calories give us energy</li> </ul> <p>Vaccinations – why vaccinations are important for our health</p> <p>Physical Health and Fitness</p> <ul style="list-style-type: none"> <li>- Body health – what it is and how we can measure our bodies health</li> <li>- Rest and recovery – what it means, how you can relax and why sleep is important</li> </ul> <p>Sex Education</p> <ul style="list-style-type: none"> <li>- How babies are conceived and born</li> <li>- The life cycle of a human</li> <li>- Gestation</li> <li>- Ultra sound scans</li> </ul>	<p>PowerPoints</p> <p>Sex Education to be delivered by expert external provider</p>
Year 6	Autumn 1	<p>Internet safety and harms/ Online relationships / Being safe</p> <ul style="list-style-type: none"> <li>- Online scams</li> <li>- Online chatting</li> <li>- Being online wellbeing</li> <li>- Online behaviour</li> <li>- Staying safe online</li> </ul> <p>Sex Education</p> <ul style="list-style-type: none"> <li>- Menstrual wellbeing, including key facts about the menstrual cycle</li> <li>- Sexual intercourse, contraception and pregnancy – scientific process</li> <li>- Understand the choices we have (consensual)</li> <li>- That this takes place within a loving relationship</li> </ul>	<p>PowerPoints</p> <p>Sex Education to be delivered by expert external provider</p>

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Year 6	Spring 1	<p>My Life</p> <ul style="list-style-type: none"> <li>- Life support– about people in your life that you trust, who you can talk to if you need help/ to identify</li> <li>- Personal growth – how to identify life aspirations – what could your future be?</li> <li>- Habits – why they are important and how to build and change successful habits.</li> </ul> <p>Mental Wellbeing</p> <ul style="list-style-type: none"> <li>- Coping strategies – how common mental health problems are and developing strategies to deal with different situations</li> <li>- Focus – why we need to focus in order to succeed</li> </ul> <p>Sex Education</p> <ul style="list-style-type: none"> <li>- Relationships and self-esteem, how to talk and deal with emotions, the importance of having confidence and assertiveness</li> </ul>	<p>PowerPoints</p> <p>Sex Education to be delivered by expert external provider</p>
Year 6	Summer 1	<p>Healthy Eating</p> <ul style="list-style-type: none"> <li>- Food habits – how to make good food habits</li> <li>- Risks and attitudes – how attitudes and risks can affect our health in a negative way and how to avoid risks.</li> </ul> <p>Facts about legal and illegal substances and associated risks, including smoking, alcohol use and drug-taking</p> <p>Facts and science relating to vaccination</p> <p>Stereotyping – how they can be destructive and negative</p> <p>Physical health and Fitness</p> <ul style="list-style-type: none"> <li>- Fitness – what it is and how we can maintain our fitness</li> </ul> <p>Sex Education</p> <ul style="list-style-type: none"> <li>- Online Life and peer pressure – being responsible, setting boundaries, understanding that the same principles apply online as face to face</li> <li>- Sharing images and online conduct and how to report concerns</li> <li>- The importance of respect online</li> </ul>	<p>PowerPoints</p> <p>Sex Education to be delivered by expert external provider</p>



By the end of primary school East-the-Water pupils should know

TOPIC	PUPILS SHOULD KNOW
<b>Families and people who care about me</b>	<ul style="list-style-type: none"> <li>• That families are important for children growing up because they can give love, security and stability</li> <li>• 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</li> <li>• That others' families, either in school or in the wider world, 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</li> <li>• 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</li> <li>• That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong</li> <li>• How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed</li> </ul>
<b>Caring friendships</b>	<ul style="list-style-type: none"> <li>• How important friendships are in making us feel happy and secure, and how people choose and make friends</li> <li>• The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties</li> <li>• That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded</li> <li>• 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</li> <li>• How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed</li> </ul>
<b>Respectful relationships</b>	<ul style="list-style-type: none"> <li>• The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs</li> <li>• Practical steps they can take in a range of different contexts to improve or support respectful relationships</li> <li>• The conventions of courtesy and manners</li> <li>• The importance of self-respect and how this links to their own happiness</li> <li>• 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</li> <li>• 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</li> <li>• What a stereotype is, and how stereotypes can be unfair, negative or destructive</li> <li>• The importance of permission-seeking and giving in relationships with friends, peers and adults</li> </ul>

TOPIC	PUPILS SHOULD KNOW
<b>Online relationships</b>	<ul style="list-style-type: none"> <li>• That people sometimes behave differently online, including by pretending to be someone they are not</li> <li>• 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</li> <li>• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them</li> <li>• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</li> <li>• How information and data is shared and used online</li> </ul>
<b>Being safe</b>	<ul style="list-style-type: none"> <li>• What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)</li> <li>• 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</li> <li>• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact</li> <li>• How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know</li> <li>• How to recognise and report feelings of being unsafe or feeling bad about any adult</li> <li>• How to ask for advice or help for themselves or others, and to keep trying until they are heard</li> <li>• How to report concerns or abuse, and the vocabulary and confidence needed to do so</li> <li>• Where to get advice e.g. family, school and/or other sources</li> </ul>

TOPIC	PUPILS SHOULD KNOW
<b>Mental Wellbeing</b>	<ul style="list-style-type: none"> <li>• that mental wellbeing is a normal part of daily life, in the same way as physical health.</li> <li>• 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.</li> <li>• 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.</li> <li>• how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</li> <li>• the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</li> <li>• simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</li> <li>• isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</li> <li>• that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</li> <li>• where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</li> <li>• 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.</li> </ul>
<b>Internet safety and harms</b>	<ul style="list-style-type: none"> <li>• that for most people the internet is an integral part of life and has many benefits.</li> <li>• about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</li> <li>• how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</li> <li>• why social media, some computer games and online gaming, for example, are age restricted.</li> <li>• 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.</li> <li>• how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.</li> <li>• where and how to report concerns and get support with issues online.</li> </ul>

TOPIC	PUPILS SHOULD KNOW
<b>Physical health and fitness</b>	<ul style="list-style-type: none"> <li>• the characteristics and mental and physical benefits of an active lifestyle.</li> <li>• 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.</li> <li>• the risks associated with an inactive lifestyle (including obesity).</li> <li>• how and when to seek support including which adults to speak to in school if they are worried about their health.</li> <li>•</li> </ul>
<b>Healthy eating</b>	<ul style="list-style-type: none"> <li>• what constitutes a healthy diet (including understanding calories and other nutritional content).</li> <li>• the principles of planning and preparing a range of healthy meals.</li> <li>• the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</li> </ul>
<b>Drugs, alcohol and tobacco</b>	<ul style="list-style-type: none"> <li>• the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</li> </ul>
<b>Health and prevention</b>	<ul style="list-style-type: none"> <li>• how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</li> <li>• about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</li> <li>• the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</li> <li>• about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</li> <li>• about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</li> <li>• the facts and science relating to allergies, immunisation and vaccination.</li> </ul>
<b>Basic first aid</b>	<ul style="list-style-type: none"> <li>• how to make a clear and efficient call to emergency services if necessary.</li> <li>• concepts of basic first-aid, for example dealing with common injuries, including head injuries.</li> <li>•</li> </ul>
<b>Changing adolescent body</b>	<ul style="list-style-type: none"> <li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> <li>• about menstrual wellbeing including the key facts about the menstrual cycle.</li> </ul>