St Andrew's RHE Curriculum Map (EYFS to Year 6)

Identified key knowledge within each thread curriculum mapped so that knowledge builds sequentially unit on unit.

Threads and Unit planning.

1.Communtities: 1 unit per year.

2.Relationships: 3 units per year. Chunked with Family in Year A and Friendship in Year B. Power in Relationships every year.

3.Online Safety: 2 units per year. Chunked with Media Influence in Year A and our Online Lives in

Year B.

4.Wellbeing: 3-4 units per year. Evenly spread so that Emotions, Physical Health and Staying

Safe in every year with addition of Risky substances in some years.

5. Growing up: 2 units in total. 1 in Year 4 and the other repeated in Year 5 and Y6. The key thread of growing up focuses on body changs during puberty for boys and girls this begins in year 4 and will be built upon and revisited in year 5 and year 6 so that children embed their knowledge before moving onto secondary school. 1 additional lesson split boys/ girls for discussion per unit.

Mixed Age Classes

We make judicious decisions about how to best teach content to mixed age classes at an age and stage appropriate which may include teaching in separate groups where appropriate. This curriculum map shows the Oak National Academy RHE units taught across the school, including the mixed-age rolling programme used in Key Stage 2. This will be reviewed annually to ensure the coverage as children move through the school. Puberty and sex education content will be taught in separate year groups where appropriate.

EYFS (Reception)

- Belonging & Community
- Families & Relationships
- Feelings & Emotions
- Keeping Safe
- Healthy Bodies
- Growing & Changing

Year 1

- How do I feel today?
- Who am I? Who are you?
- Who's in my family?
- What makes a good friend?
- When do I feel safe?
- How do I decide what to do online?
- What should I do if I feel unsafe online?
- How can I look after my body?

Year 2

- What helps me to be happy?
- Who is in my community?
- What does a family look like?
- Should I keep secrets?
- Is everything I see online true?
- Who should I talk to online?
- How do I eat a balanced diet?
- How do I stay safe at home?
- How can I take responsibility for my health?
- How can we stop bullying?

Y3/4 Rolling Programme - Cycle A

- How can I manage my emotions? (Y3)
- How are we all different? (Y4)
- How can I help my family? (Y3)
- Are all friends the same? (Y4)
- Who does my body belong to? (Y3)
- What is fake news? (Y4)
- How can I be kind and happy online? (Y3)
- What makes a balanced lifestyle? (Y4)

- How can I stay safe while out and about? (Y3)

Y3/4 Rolling Programme - Cycle B

- How can we add to our emotions toolkit? (Y4)
- What does it mean to be British? (Y3)
- Do all families look the same? (Y4)
- Are friendships ever perfect? (Y3)
- What does a healthy relationship feel like? (Y4)
- How do I keep myself safe online? (Y3)
- How do I decide who to trust online? (Y4)
- How can I get active and eat well every day? (Y3)
- How do I avoid getting ill? (Y4)

Y4/5 Rolling Programme - Cycle A

- How can we manage challenges? (Y5)
- How are we all different? (Y4)
- How can I be a great friend? (Y5)
- Are all friends the same? (Y4)
- How do I get help if I do not feel safe? (Y5)
- What is fake news? (Y4)
- How do I thrive online? (Y5)
- What makes a balanced lifestyle? (Y4)
- How can I avoid harm? (Y5)

Y4/5 Rolling Programme - Cycle B

- How can we add to our emotions toolkit? (Y4)
- How can we ensure fairness and respect for women and girls? (Y5)
- Do all families look the same? (Y4)
- Is there such a thing as a perfect family? (Y5)
- What does a healthy relationship feel like? (Y4)
- Who decides what I experience in the online world? (Y5)
- How do I decide who to trust online? (Y4)
- Is it hard to be healthy? (Y5)
- Why do people get addicted? (Y5)

Year 6

- How can we manage our emotions through periods of change?
- How can we show respect to people of different races and cultures?

- How can we live in harmony?
- How can we have healthy boundaries?
- What are my boundaries?
- How do I decide what is true online?
- What should I share online?
- How do I plan a healthy week?
- Why do people use alcohol and drugs?
- How can I save a life?
- What happens during adolescence?
- Christopher Winter Sex Education Programme (Non statutory content)