

RSHE CURRICULUM OVERVIEW

Taught in conjunction with the online safety curriculum overview

	Autumn	Spring		Summer	
Year 3	The Copthorne Detectives	Rock ‘n’ Roll Romans		Walk like an Egyptian	
	<u>Healthy Lives</u> - How do I keep myself safe and healthy? - What strategies can I use to create a positive outlook for myself and others?	<u>Relationships</u> - What do healthy families look like and how do they help me? - What makes a good friend and how do actions affect relationships?	<u>Being fair and safe</u> - How do I keep safe and where do I get help? - Why it is important to have rules and how does my behaviour affect how others feel and behave? - How can stereotypes affect my views and relationships?	<u>Celebrating Differences</u> - Why are there human rights and how does this help people being treated unfairly? - How does being involved with a conflict make me feel and what can I do to help the situation? - Why is it important to be part of a community?	<u>Changing Me</u> What are the differences between girls and boys (name external parts of body) and how can we celebrate our uniqueness?
Year 4	Upstairs, downstairs	Explorers, Raiders and Traders		Mysterious Mayans	
	<u>Healthy Lives</u> - How does peer pressure affect my emotions and actions? - How does my diet help to keep me healthy?	<u>Relationships</u> - How do I manage conflict with others? - What actions can I take when bullying takes place? - What strategies can I use when I need help?	<u>Being Fair and safe</u> - Why is it important to be respectful to everyone? - Why are rules important and how can I identify when I am at risk? - What ways can I report when I am feeling unsafe? (real life and online)	<u>Celebrating Differences</u> - Why is important to celebrate our differences? - How can we resist pressure to fit in and follow our peers when it is against our values? - How do we spot bullying and what can we do to stop it?	<u>Changing Me</u> - How might my body change as I get older? - How could my feelings change as I get older?
Year 5	Henry VIII – Hero or Villain?	Who Let the Gods Out?		Journey into the Unknown	
	<u>Healthy Lives</u> - How can I respect and value my body? - How does food and substances affect people’s lives?	<u>Relationships</u> - What values need to be demonstrated to form a healthy and respectful relationships? - How can peer pressure affect my actions and that of others? - What strategies can I use to speak out when things go wrong?	<u>Being Fair and safe</u> - What responsibilities and rules make both school and the wider community a fair place? - How do we show respect and tolerance to those that who are different from us?	<u>Celebrating Differences</u> - Why is racism and other forms of discrimination unacceptable and how to report it? - What are the differences between direct and indirect bullying? - What are the problems with stereotyping people from difference cultures and how we overcome this?	<u>Changing Me</u> What are the physical and emotional changes to by body when I reach puberty (external and internal body parts)

Year 6	<u>We'll meet again</u>		<u>Exploring the Extreme</u>		<u>Back to the Future</u>	
	<u>Healthy Lives</u>	<u>Relationships</u>	<u>Being Fair and safe</u>	<u>Celebrating Differences</u>	<u>Changing Me</u>	<u>Going for Gold- our goals and dreams</u>
	- How can misuse of substances impact on myself or others? - How can I manage stress and pressure effectively to keep me emotionally and physically healthy?	- How can I spot the signs of safe and unsafe family relationships? - How do British values and law affect me?	- How can I identify the differences between direct and indirect bullying? - What strategies can I use to keep myself and others safe?	- What are the ways in which differences can be a source of conflict or a cause for celebration or positive actions in the world? - How can we show empathy with people in different situations? - What do mean by diversity and what are the benefits in our community?	- Do images of the body from the media reflect reality? How can this affect how people feel about themselves? - How does the body prepare for reproduction? - What are the ways that babies can be made?	- What skills do I currently have which will help me in my future career? - What skills have I achieved and what will I need to develop further to prepare myself for Secondary School?