

Magdalen Gates Primary School

RSHE

2020/2021



Magdalen Gates Primary School RSHE Curriculum

Relationships Education	Health Education
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	Autumn 1- Community	Autumn 2- Change and Progress Anti-bullying Week Road Safety Week	Spring 1- Exploration and Discovery LGBT+ month (Feb)	Spring 2- Technological advancement Internet Safety Day	Summer 1- Climate and sustainability	Summer 2- Conflict and Power
EYFS	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Understanding that 'family' means different things to different people</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Understanding that there are similarities and differences between everyone and these can be celebrated</p> <p>Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, explaining why it is important to make healthier choices</p>	<p>Being Safe: Understanding the concept privacy, including the right to keep things private and the importance of respecting another person's right to privacy</p> <p>My Body: Positioning body parts correctly</p>	<p>Online Relationships /Internet Safety and Harms: Understanding what being online may look like, the different feelings they can experience online and how to identify adults who can help</p> <p>Road Safety</p>	<p>Respectful Relationships: Recognising what they like and dislike, feeling empowered to make respectful and informed choices</p> <p>Mental Well-Being: Identifying a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings</p> <p>Sun and Sea Safety</p>	<p>Health and Prevention: Knowing the importance of basic personal hygiene and understand how hand washing helps to prevent the spread of germs, bacteria and viruses</p> <p>Basic First Aid: Explaining what first aid is and why it is important</p> <p>Sun and Sea Safety recap</p>

<p>Year 1</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Identifying the special people in their lives, what makes them special and how special people care for one another</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Understanding the importance of listening to other people and playing and working cooperatively, including simple strategies to resolve disagreements through negotiation</p> <p>Money and Me: Do the Right Thing</p>	<p>Being Safe: Identifying the people who look after them and how to attract their attention if needed</p> <p>My Body: Naming the main parts of the body correctly, including external genitalia using scientific terms</p>	<p>Online Relationships /Internet Safety and Harms: Understanding that photos can be shared online, the importance of seeking permission before sharing a photo and how to identify and approach adults who can help</p> <p>Mental Well-Being: Communicating about feelings, recognising how others show feelings, and how to respond to support respectful relationships</p> <p>Physical Health and Fitness: Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p>Respectful Relationships: Identifying and respecting differences and similarities between people and can celebrate this</p> <p>Drugs, Alcohol and Tobacco: Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p>	<p>Health and Prevention: Identifying different ways to protect teeth, maintaining good oral hygiene</p> <p>Basic First Aid: Understanding how to identify risks, keeping themselves and others safe in an emergency situation</p> <p>Money and Me: Finders Keepers</p> <p>Road, Sun and Sea Safety</p>
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<p>Year 2</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Identifying the ways in which people and families are unique, understanding there has never been and never will be another them.</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Knowing the difference between secrets and surprises and the importance of not keeping secrets that makes them feel uncomfortable, worried or afraid</p> <p>Money and Me: Charity Job Week</p>	<p>Being Safe: Judging what kind of physical contact is acceptable, comfortable or uncomfortable and how to respond</p> <p>My Body: Recognising how they grow and will change as they become older.</p>	<p>Online Relationships /Internet Safety and Harms: Understanding that people online may try to manipulate others, how this can make someone feel and how to identify and approach adults who can help</p> <p>Mental Well-Being: Recognising different types of teasing and bullying and understand that these are wrong and unacceptable</p> <p>Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices</p>	<p>Respectful Relationships: Recognising and celebrating their strengths and achievements, setting simple but challenging goals</p> <p>Drugs, Alcohol and Tobacco: Knowing about things that go into and onto bodies, medicines, people who help them to stay healthy</p>	<p>Health and Prevention: Understanding that some bacteria are spread and that they have the right to be protected from illness and a responsibility to protect others</p> <p>Basic First Aid: Identifying an emergency situation where someone needs help quickly</p> <p>Money and Me: Hero or Zero</p> <p>Road, Sun and Sea Safety</p>
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<p>Year 3</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Recognising a wide range of relationships, including the attributes of positive, healthy relationships</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Distinguishing the different kinds of conflict; know when and where to get help</p> <p>Money and Me: I Want it</p>	<p>Being Safe: Understanding the right to protect their body from unwanted touch, feeling unsafe or feeling bad</p> <p>Changing Adolescent Body: Knowing how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.</p>	<p>Online Relationships /Internet Safety and Harms: Identifying the difference between secrets and surprises, knowing when it is right to break confidence and share a secret, including within an online context</p> <p>Mental Well-Being: Identifying their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness</p> <p>Physical Health and Fitness: Identifying an enjoyable form of physical activity, understanding why it is important to be physically active</p>	<p>Respectful Relationships: Challenging gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl</p> <p>Drugs, Alcohol and Tobacco: Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do</p>	<p>Health and Prevention: Understand the danger of over-exposure to the sun</p> <p>Basic First Aid: Explaining what first aid is and why it is important</p> <p>Money and Me: Costing the Earth</p> <p>Road, Sun and Sea Safety</p>
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<p>Year 4</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Knowing that marriage is a commitment freely entered into by both people and that no one should marry if they do not want to or are not making the decision freely for themselves</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Recognising when they may need help to manage a situation and have developed the skills to ask for help</p>	<p>Being Safe: Judging what kind of physical behaviours and contact are acceptable and unacceptable, including ways to respond</p> <p>Changing Adolescent Body: Reflecting on how their body has changed and Anticipate body changes, Understanding that some are related to puberty.</p>	<p>Online Relationships /Internet Safety and Harms: Having the knowledge, skills and confidence to understand and navigate online risks linked to social media</p> <p>Mental Well-Being: Recognising and respond to a wide range of emotions in themselves and others, and ways to respond</p> <p>Healthy Eating: Knowing that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices</p>	<p>Respectful Relationships: Recognising differences and similarities between people arise from a number of factors, including family and personal identity</p> <p>Drugs, Alcohol and Tobacco: Understanding that perceptions around risk-taking behaviours, including drugs and alcohol can add pressure to do something they are uncomfortable to do</p>	<p>Health and Prevention: Knowing how to care for their body</p> <p>Basic First Aid: Understanding how to identify risk, keeping themselves and others safe in an emergency situation</p> <p>Money and Me: Do you Need It?</p> <p>Road, Sun and Sea Safety</p>
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<p>Year 5</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Knowing that there are different contexts in which families can be stable and caring</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships</p>	<p>Being Safe: Managing accidental exposure to explicit images and upsetting online content, including who to talk to about what they have seen</p> <p>Changing Adolescent Body: Anticipating how their body may change as they approach and move through puberty.</p>	<p>Online Relationships /Internet Safety and Harms: Having strategies for keeping safe online, knowing that personal information, including images of themselves and others, can be shared without their permission</p> <p>Mental Well-Being: Anticipating how their emotions may change as they approach and move through puberty</p> <p>Physical Health and Fitness: Pupils understand how taking part in regular physical activity has lots of benefits to physical and mental health, well-being and their learning</p>	<p>Respectful Relationships: Knowing the correct terms associated with gender Identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying. Understanding that this is unacceptable.</p> <p>Drugs, Alcohol and Tobacco: Knowing some key facts and risks associated with smoking, alcohol and drugs</p>	<p>Health and Prevention: Knowing the importance of good sleep</p> <p>Basic First Aid: Identifying an emergency situation where someone needs help quickly</p> <p>Money and Me: Finders Keepers and Charity Job Week</p> <p>Road, Sun and Sea Safety</p>
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<p>Year 6</p>	<p>Mental Health and Well-Being</p> <p>Families and People Who Care for Me: Safely exploring examples of unhappy and unsafe family relationships, including identification of healthy responses to safely seeking help</p> <p>NSPCC PANTS Helping Hand</p>	<p>Caring Friendships: Identifying healthy friendships, recognising the skills to manage and maintain healthy relationships</p> <p>Knowing some cultural practises are against British Law, including FGM</p>	<p>Being Safe: Developing the confidence and skills to know when, who and how to ask for help independently or with support</p> <p>Changing Adolescent Body: Explaining what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female organs.</p>	<p>Online Relationships /Internet Safety and Harms: Considering a range of information that is acceptable and unacceptable to share online, knowing how to get help if needed</p> <p>Mental Well-Being: Knowing how feelings and emotions are affected and can be managed at changing, challenging or difficult times</p> <p>Healthy Eating: Recognising the impact of diet in lifestyles</p>	<p>Respectful Relationships: Realising the nature and consequences of discrimination, including the use of prejudice-based language</p> <p>Drugs, Alcohol and Tobacco: Knowing some key facts and risks associated with smoking, alcohol and drugs</p>	<p>Internet Safety and Harms: Recognising how images in the media, including online do not always reflect reality and can affect how people feel about themselves</p> <p>Basic First Aid: Knowing when it is safe to give first aid, call for help and what to do in an emergency</p> <p>Money and Me: A Fair Day's Pay</p> <p>Road, Sun and Sea Safety</p>
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