



**Thurton**

Church of England VC Primary School



# Relationships, Health and Sex education RHSE

## Mapping document

## RSHE CURRICULUM KEY THEMES

<b>Keeping Safe</b> <ul style="list-style-type: none"> <li>• Being Safe</li> <li>• <i>First Aid</i></li> </ul>	<b>Keeping Healthy</b> <ul style="list-style-type: none"> <li>• Physical Health</li> <li>• Healthy Eating</li> <li>• Drugs/Alcohol and Tobacco</li> <li>• Health and Prevention</li> <li>• Basic First Aid</li> </ul>	<b>Relationships / Growing and Changing</b> <ul style="list-style-type: none"> <li>• Families and People who care for me</li> <li>• Caring friendships</li> <li>• Respectful Relationships</li> <li>• Changing Adolescent Body</li> <li>• <i>*Conception / Sex Education</i></li> </ul>	<b>Being Responsible</b>	<b>Feelings and Emotions</b> <ul style="list-style-type: none"> <li>• Mental Wellbeing</li> </ul>	<b>Computer Safety</b> <ul style="list-style-type: none"> <li>• Internet Safety and harms</li> <li>• Online Relationships</li> </ul>	<b>Our World /The Working World</b>	<b>Hazard Watch /A World Without Judgement</b>
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*\*Not statutory at primary schools*

### Resources and providers:

 (1D) <https://www.1decision.co.uk/>

 <https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

 school resources <https://www.pshe-association.org.uk/>

 common sense education

 Premier Education <https://www.premier-education.com/>














<https://www.commonsense.org/education/digital-citizenship#digcit-program>

 Educator Solutions (ES) [https://www.educatorsolutions.org.uk/product/rse/?service\\_type\\_id=103](https://www.educatorsolutions.org.uk/product/rse/?service_type_id=103)











 <https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/in-your-community/crucial-crew>

 One day! Play in a day <https://onedaycreative.com/>

RSHE PROVISION MAP OVERVIEW (Even Year) Sept 2020

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
Themes	<b>Feelings and Emotions</b> Mental Well Being 	<b>Keeping Healthy</b> 	<b>Computer Safety</b> 	<b>Keeping Safe</b> 	<b>Relationships/Growing and Changing</b>  or 	<b>Relationships/Growing and Changing</b>  or 
	<b>Relationships</b> Families and People Who Care For Me 					<b>Keeping Safe</b> First Aid 
Additional Provision	<b>Keeping Healthy</b> *Funtrition YR-Y2 	<b>Keeping Healthy</b> *Funtrition YR-Y2 			<b>Keeping Safe</b> *Crucial Crew Y6 only	<b>Conception</b>  Y6 only

RSHE PROVISION MAP OVERVIEW (Odd Year) Sept 2021

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
Themes	<b>Feelings and Emotions</b> 	<b>Being Responsible</b>  Inc: Firework safety	<b>Computer Safety</b> 	<b>Hazard Watch /A World Without Judgement</b> 	<b>Our World/The Working World</b> 	<b>Relationships/Growing and Changing</b>  or 
	<b>Keeping Healthy</b> *Funtrition YR-Y2 	<b>Keeping Healthy</b> *Funtrition YR-Y2 	<b>One Day Creative</b> Keeping safe online Y5/6 only		<b>Keeping Safe</b> *Crucial Crew Y6 only	<b>Conception</b>  Y6 only

**RSHE MODULE OVERVIEW (Even Year) Sept 2020**

**Autumn 1**

**Feelings and Emotions & Relationships**

	1	2	3	4	5	6
Y2	Funtrition Level 1					
R-2	We all have feelings	Good and not so good feelings	Big feelings	Which people are special to us?	How can we show we care?	What can you do to let someone know they are special?
3-4	Everyday feelings	Expressing feelings	Managing feelings	Identify the qualities of positive friendships and family relationships	Explain how friends and family show they care for and value each other	
5-6	Mental health and keeping well	Managing challenges and change	Feelings and common anxieties when transitioning to secondary school	Describe what is most important in a friendship or family relationship	Recognise that friendships and family relationships may change for different reasons and how to manage this	

**Autumn 2**

**Keeping Healthy**

	1	2	3	4	5	6
R/1	Funtrition Level 1					
R-2	Healthy Eating (1D)		Washing Hands (1D)		Brushing Teeth (1D)	
3-4	Medicine (1D)			Healthy Living (1D)		
5-6	Smoking (1D)		Alcohol (1D)		Children's & Adults' Views (1D)	

**Spring 1**

**Computer Safety**

	1	2	3	4	5	6
R-2	Online Bullying (1D)			Image Sharing (1D)		
3-4	Online Bullying (1D)		Making Friends online (1D)		Computer Safety Documentary (1D)	
5-6	Making Friends Online (1D)		Children's and Adults' Views (1D)			

**Spring 2**

**Keeping Safe**

	1	2	3	4	5	6
R-2	Road Safety (1D)			Tying Shoelaces (1D)		
3-4	Staying Safe (1D)		Leaning out of Windows (1D)		Cycle Safety (1D)	
5-6	Peer Pressure (1D)		Children's and Adults' Views (1D)		Water Safety (1D)	

**Summer 1**

**Relationships / Growing and Changing**

	1	2	3	4	5	6
R-2	Bullying (1D)		<b>Asking for Help (ES p150)</b> Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.	Friendship (1D)		<b>My Beliefs (ES p139)</b> Pupils can identify and respect differences and similarities between people, and can celebrate this.
3-4	<b>My feelings (ES p48)</b> Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem.	<b>My body (ES p54)</b> Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	<b>My relationships (ES p64)</b> Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.		<b>My beliefs (ES p71)</b> Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.	
5-6	<b>My feelings (ES p140)</b> Pupils can anticipate how their emotions may change as they approach and move through puberty.	Puberty (1D)			Adults Views (1D)	Children's Views (1D)

**Summer 2**

**Relationships / Growing and Changing**

	1	2	3	4	5	6
R-2	<b>My Feelings (ES p164)</b> Pupils can recognise and celebrate this strengths and achievements, and set simple but challenging goals.	<b>My Relationships (ES p174)</b> Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.	<b>My Beliefs (ES p178)</b> Pupils can identify the ways in which people and families are unique, understanding there has never been and never will be another them.	<b>My Rights &amp; Responsibilities (1D)</b> PANTS Toolkit		<b>Asking for Help (ES p194)</b> Pupils know the difference between secrets and surprises including the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.

3-4	<p><b>My feelings (ES p95)</b> Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.</p>	<p><b>My Body (ES p103)</b> Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.</p>	<p><b>My relationships (ES p107)</b> Pupils are able to judge what kind of physical behaviours and contact are acceptable and ways to respond.</p>	<p><b>My Beliefs (p118)</b> Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity.</p>	<p><b>My Rights and Responsibilities (ES p125)</b> Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.</p>
5-6	Tbc (RSE or Business venture)		Tbc (RSE or Business venture)		
Conception (1D) Y6 Only			Crucial Crew Y6 Only		



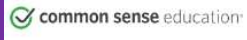






Pupil Voice: The topics may include choices selected by the pupils e.g. Plastic pollution / healthy packed lunch policy

Adult/Parent Voice: The topics may include choices selected by adult staff or parents: e.g. NSPCC PANTS / sugar in foods investigation e.g. breakfast cereals / Network rail <https://learnliveuk.com/network-rail-primary-school-safety-talk/> or Coastguard information



For an overview of the '1 Decision' modules, please click here:

<https://schools.1decision.co.uk/images/How-It-Works/11-1decision-module-overviews.pdf>

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
<b>Themes</b>	<p><b>Feelings and Emotions</b></p> 	<p><b>Being Responsible</b></p>  Inc: <i>Firework safety</i>	<p><b>Computer Safety</b></p> 	<p><b>Hazard Watch /A World Without Judgement</b></p> 	<p><b>Our World/The Working World</b></p> 	<p><b>Relationships/Growing and Changing</b></p>  or 
<b>Additional Provision</b>	<p><b>Keeping Healthy</b> *Funtrition</p> 	<p><b>Keeping Healthy</b> *Funtrition</p> 	<p><b>One Day Creative</b> Keeping safe online Y5/6 only</p>		<p><b>Keeping Safe</b> *Crucial Crew Y6</p>	<p><b>Conception</b> Y6 only</p>

**RSHE MODULE OVERVIEW (Odd Year) Sept 2021**

**Autumn 1**

**Feelings and Emotions**

	1	2	3	4	5	6
Y2	Funtrition Level 2 or Level 3					
R-2	Jealousy (1D)		Anger (1D)		Worry (1D)	
3-4	Grief (1D)			Jealousy (1D)		
5-6	Anger (1D)		Children's and Adults' Views (1D)		Worry (1D)	

**Autumn 2**

**Being Responsible**

	1	2	3	4	5	6
R/1	Funtrition Level 2					
R-2	Water Spillage (1D)		Practice Makes Perfect (1D)		Helping Someone in Need (1D)	
3-4	Stealing (1D)			Coming Home on Time (1D)		
5-6	Looking out for others (1D)		Children's and Adults' Views (1D)		Stealing (1D)	

**Spring 1**

**Computer Safety**

	1	2	3	4	5	6
R-2	Media Balance is Important / Pause for People	Pause and Think online	Internet Traffic Light	That's private	Digital Trails	Device free moments
3-4	Password Power Up	This is me	The Power of Words	Private and Personal Information	Keeping Games Fun and Friendly	My Media Choices
5-6	Is Seeing believing	Finding my Media Balance	You won't believe this!	Beyond gender stereotypes	Digital Friendships	Don't feed the Phish
	One Day Creative – Age restrictions or current theme					



**Spring 2****Hazard Watch / A World Without Judgement**

	1	2	3	4	5	6
R-2	Is it safe to eat and drink? (1D)			Is it safe to play with?		
3-4	Breaking Down Barriers (1D)					
5-6	Inclusion and Acceptance (1D)		Children's and Adults' Views (1D)		British Values (1D)	

**Summer 1****Our World / The Working World**

	1	2	3	4	5	6
R-2	Growing in our World		Living in our World			
3-4	Working in our World		Looking After Our World		Chores At Home	
5-6	In-App Purchases		Children's and Adults' Views		Enterprise	

**Summer 2****Relationships / Growing Changing**

	1	2	3	4	5	6
R-2	Body Language (1D)		My Feelings (ES p98) Pupils are able to communicate about feelings to recognise how others show feelings and know how to respond.	My Relationships (ES p124) Pupils understand the importance of listening to other people, to play and work cooperatively including strategies to resolve simple arguments through negotiations.	First Aid	
3-4	Asking for help (ES p87) Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.		Touch (1D see KS1 materials)		First Aid	
5-6	Appropriate Touch (1D)		Image Sharing (1D)	My Beliefs (ES p171) Pupils know the correct terms associated with gender identify and sexual orientation, and the unacceptability of homophobic and transphobic bullying.	First Aid	
			Conception Y6 only		Crucial Crew	