



Autumn 2 RSHE curriculum



Dear parents / carers,

To keep you informed of the RSHE curriculum to be taught in Autumn 2, please see the overview below.

Year Group	Content
Year 1	<p>How do I help my body stay healthy? Objectives:</p> <ul style="list-style-type: none"> • Understand that active lifestyles including regular exercise can keep our bodies healthier. • Appreciate that some people live with disabilities. • Understand that we can't always have healthy bodies, because sometimes we get ill or injured.
Year 2	<p>How do we stop bullying? Objectives:</p> <ul style="list-style-type: none"> • Empathise with other people and understand why bullying is so hurtful. • Order types of bullying to understand which ones are the worst <p>Personal information Objectives</p> <ul style="list-style-type: none"> • Understand why we shouldn't share personal information. • Understand how to keep our personal information private and safe when we are online.
Year 3	<p>Do families always stay the same? Objectives:</p> <ul style="list-style-type: none"> • Understand that families can change. • Understand that parents can split up and people can die. • Know that these events are not the fault of the child. <p>Are all families like mine? Objectives:</p> <ul style="list-style-type: none"> • Appreciate that there are many differences between families and all families are unique. • Understand that there are far more similarities than there are differences. • Understand there is no one set family structure. • Appreciate that any type of family can provide love and support.
Year 4	<p>Are we happy all the time? Objectives</p> <ul style="list-style-type: none"> • Understand the range of powerful emotions that we can have. • Learn what to do if we experience low moods. • Build self-esteem.
Year 5	<p>What makes a close friend? Objectives:</p> <ul style="list-style-type: none"> • Understand what it takes to be a good friend. • Empathise with people who are excluded. <p>Does everybody have the same feelings? Objectives:</p> <ul style="list-style-type: none"> • Develop our ability to communicate our own feelings, listen to other people's feelings and respond appropriately. • Identify comfortable and uncomfortable emotions and the impact these have on our mental wellbeing. • Identify our own triggers for uncomfortable emotions. • Understanding that some people find it hard to read and express emotions.

Year 6

What is prejudice?

Objectives:

- Know that unconscious bias exists.
- Understand why some people discriminate.
- Know the protected characteristics.

What is the history of prejudice?

Objectives:

- Explore the history of prejudice.
- Understand how that history impacts people who are alive today.

What should I do if I encounter prejudice?

Objectives:

- Understand that groups and individuals from minority groups are more likely to be victims of prejudice, harassment and bullying.
- Identify the most common types of prejudice.
- Identify the protected characteristics in the equality act.
- Know what to do if they encounter, experience or witness prejudice.

Best wishes,

Mr. A Keeling

RSHE subject leader