



Spring 1 RSHE curriculum



Dear parents / carers,

To keep you informed of the RSHE curriculum to be taught in Spring 1, please see the overview below.

Year Group	Content
Foundation Stage	<p>Superhero School Objectives:</p> <ul style="list-style-type: none"> • Articulate ideas and thoughts in well-formed sentences. • Connect one idea or action to another using a range of connectives. • Express ideas and feelings about experiences using full sentences. • Show resilience and perseverance in the face of challenge. • Identify and moderate own feelings socially and emotionally. • Display confidence to try new activities. <p>Links to learning: Real life superheroes (NHS), challenges.</p>
Year 1	<p>Where do feelings come from? Objectives:</p> <ul style="list-style-type: none"> • Understand that we have a range of emotions depending on our experiences and situations. • Know what to do when we experience strong emotions. • Build language to talk about feelings. <p>How do I decide what to eat? 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>Do families always stay the same? Objectives:</p> <ul style="list-style-type: none"> • Understand how changes and events can influence our feelings. <p>How should families treat each other? Objectives:</p> <ul style="list-style-type: none"> • Understand that children and adults both have a responsibility to each other. • Understand that we should feel loved, cared for and safe in our homes. • Know what to do if our needs are not being met. <p>How do we stop getting ill? Objectives:</p> <ul style="list-style-type: none"> • Understand that germs are spread by coughs, sneezes and physical contact with dirt and other people. • Understand that we can prevent the spread of germs by washing our hands with soap, especially when we go to the toilet, eat or are unwell. • Understand that we can prevent tooth decay by brushing our teeth regularly.
Year 3	<p>How do I manage my feelings? Objectives:</p> <ul style="list-style-type: none"> • Understand the range and depth of feelings that we all experience. • Learn strategies to deal with these feelings and know when to seek support. • Understand that we have responsibilities for somethings but cannot control everything.

Year 4	<p>How do we make the world fair?</p> <p>Objectives</p> <ul style="list-style-type: none"> • Understand what is meant by ‘the rule of law’. • Understand the basics of how laws are made and enforced. • Appreciate the reasons why we need laws and that these are not always the same for everyone (some people need more protection - for example children). • Appreciate that the world is not fair and it is our responsibility to help those less fortunate. • Identify our common values. <p>Where do you feel like you belong?</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand that we are all part of a wider community of people, who we rely on. • We have a responsibility to support other people in our community when we are able to. • Know that we should treat the people in our community with respect. • Understand that biological parents (“Tummy mummy” and “birth dad”) are not always the people that look after a child. • Appreciate that the people you live with are not always part of your ‘birth family’ (adopted/foster care, carers).
Year 5	<p>Can we be different and still be friends?</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand that we don’t have to be the same as everyone else to have friends. • Appreciate that we should respect other people, irrespective of their unique characteristics. • Understand that friendships change over time, and our friends often have different opinions, feelings and motivations to ours. <p>Should friends tell us what to do?</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand that friendship is not just about doing what someone says and that boundaries are healthy and an essential part of any relationship. • Appreciate that friends should make us feel good and safe. • Identify behaviour that is controlling or manipulative. • Identify issues around consent and coercion. <p>Is there such a thing as the perfect body?</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Analyse representations of beauty in the media. • Understand that the images we see in the media affect the way we see and judge ourselves and others. • Appreciate that many of the photos we see are the result of hours of hard work (exercise, dieting, make-up, clothing, hair dressing, photography, editing) and luck (genetics, wealth, fame). <p>How can I be a great citizen?</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand that we all rely on the people around us. • Identify the ways that we can help people around us without upsetting them. • Understand that changes in our behaviour can allow people to be included. <p>How can we make positive changes in the world?</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand what non-violent direct action is. • Engage with examples of NVDA and understand why they are significant. • Consider what positive changes they would like to see in the world. • Appreciate that peaceful actions are often more successful and less morally problematic than other methods of protest.

Year 6

How do plants and animals reproduce?

Objectives:

- Mechanism of plant and animal fertilisation (as per science programme of study)

How can I be a great citizen?

Objectives:

- Understand that we all rely on the people around us.
- Identify the ways we can help people around us without upsetting them.
- Understand that changes in our behaviour can allow people to be included.

Why is money important?

Objectives:

- Identify the ways that money affects their lives.
- Understand that not everyone has the same access to money and employment across the world.

Please note: separate information will be sent to Year 6 parents regarding human reproduction

Best wishes,

Mr. A Keeling

RSHE subject leader