



Spring 2 RSHE curriculum



Dear parents / carers,

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

Year Group	Content
Foundation Stage	<p>Topic: Down on the Farm Objectives:</p> <ul style="list-style-type: none"> • Describe events in detail • Use talk to help work out problems and organise thinking and activities. • Offer explanations for why things might happen. • Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary. • Show understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. • Set and work towards simple goals. • Display confidence to try new activities. • Explain the reasons for rules and know right from wrong. • Manage own behaviour. • Talk about what is fair and what is not fair. <p>Links to learning: Zones of Regulation. Healthy Eating – What comes from a farm?</p>
Year 1	<p>Who's in my family? Objectives:</p> <ul style="list-style-type: none"> • Understand that families are made up of a special group of people, which changes gradually over time. • Understand that these people are all connected in different ways, and that these connections are important. <p>Screen Time Objectives:</p> <ul style="list-style-type: none"> • Understand that people need to get the correct balance of time spent online and offline.

Year 2	<p>When should I say no? Objectives:</p> <ul style="list-style-type: none"> • Understand that other people need permission before they can touch us. • Understand that some parts of our bodies are more private than others. • Recognise that other people often want different things than ourselves. <p>Who owns my body? I do! Objectives:</p> <ul style="list-style-type: none"> • Understand that certain parts of our bodies are very private, and only we get to decide what happens to them. • Understand that secrets and surprises are different. • Know how to report concerns. <p>Will I always be a child? How bodies change as we get older. Objectives:</p> <ul style="list-style-type: none"> • Recognise the 5 key stages of human life. • Understand how their bodies will change as they age. • Consider how their lives will change as they get older. • Appreciate how increasing independence presents new dangers, challenges, benefits and responsibilities.
Year 3	<p>How do I keep my body healthy? Objectives:</p> <ul style="list-style-type: none"> • Understand the reasons why active lifestyles and healthy diets can have a positive effect on our lives. • Appreciate that they need to balance choices that are ‘good for them’ and choices that bring joy. • Know how to make informed choices about the activities they do and the things they eat. • Getting enough sleep – What might stop you from getting the right amount? <p>How do I get a healthy diet? Objectives:</p> <ul style="list-style-type: none"> • Know how to make informed decisions about health. • Know about the elements of a balanced, healthy lifestyle. • Know about the choices that support a healthy lifestyle, and recognise what might influence these. • Learn about what constitutes a healthy diet, how to plan healthy meals, the benefits to health and well-being of eating nutritionally rich foods, the risks with not eating a healthy diet including obesity and tooth decay.
Year 4	<p>How can we help the people around us? Objectives:</p> <ul style="list-style-type: none"> • Understand that we have the power and responsibility to make our communities better places to live.
Year 5	<p>How will my body change as I get older? Objectives:</p> <ul style="list-style-type: none"> • Understand the physical changes that people go through during puberty, particularly ages 9-11. <p>How will my feelings change as I get older? Objectives:</p> <ul style="list-style-type: none"> • Understand the emotional and mental changes that people go through when they reach puberty. <p>How will I stay clean during puberty? Objectives:</p> <ul style="list-style-type: none"> • Changes and importance during puberty. <p>What is menstruation? Objectives:</p> <ul style="list-style-type: none"> • Understand the process of menstruation and how to manage it effectively.

Year 6	<p>Why do some people take drugs?</p> <p>Objectives:</p> <ul style="list-style-type: none">• Understand that some drugs help us and some do not.• Understand some of the reasons why people take recreational drugs.• Understand the risks of taking drugs, alcohol and tobacco. <p>Where should I get my health information?</p> <p>Objectives:</p> <ul style="list-style-type: none">• Understand that not all information is accurate, even if it appears to be.• Identify inaccurate health information.• Know where to find accurate sources of health information. <p>How do I save a life?</p> <p>Objectives:</p> <ul style="list-style-type: none">• Identify common hazards.• Know basic first aid techniques.• Understand how to react in emergency situations.• Understand when and how to make an emergency 999 call.
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Best wishes,

Mr. A Keeling

RSHE subject leader