

RSHE Curriculum Map
Cycle A & B

<u>CYCLE A- 2021/22</u>						
	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>EYFS</u> <i>(Owlets and Eaglets)</i>	<p style="text-align: center;">Self-confidence and self-awareness (You Choose – Nick Sharratt and Pippa Goodheart)</p> <ul style="list-style-type: none"> - Trying new activities - Giving opinions - Speaking in a familiar group - Talking about my ideas - Choosing the resources I need - Saying when I do or don't need help 	<p style="text-align: center;">Managing feelings and behaviour (Red Rockets and Rainbow Jelly – Sue Heap and Nick Sharratt)</p> <ul style="list-style-type: none"> - How do others and I show feelings? - Talking about my own and others' behaviour - Consequences - Knowing that some behaviour is unacceptable - Working as part of a group and following the rules - Adjusting my behaviour to difference situations - Changes of routine 	<p style="text-align: center;">Making relationships (Blue Chameleon – Emily Gravett)</p> <ul style="list-style-type: none"> - Playing cooperatively, taking turns with others - Taking account of one another's ideas - Showing sensitivity to others' needs and feelings - Forming positive relationships with adults and other children 	<p style="text-align: center;">Health and self-care (Mommy, Mama and Me – Leslea Newman and Carol Thompson)</p> <ul style="list-style-type: none"> - The importance for good health of physical exercise and a healthy diet - Talking about ways to keep healthy and safe 	<p style="text-align: center;">People and communities (The Family Book – Todd Parr)</p> <ul style="list-style-type: none"> - Showing interest in the lives of people - Talking about significant events in my own experiences - Describing special times or events for family and friends - Showing interest in different occupations and ways of life How am I unique? - Similarities and differences in relation to friends and family 	<p style="text-align: center;">Transition (Hello Hello – Brendan Wenzel)</p> <ul style="list-style-type: none"> - Getting ready for Year 1 - Revision

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<p style="text-align: center;">KS1 <i>(Sparrows, Wagtails, Robins)</i></p>	<p style="text-align: center;">Family and relationships (Ten Little Pirates - Mike Brownlow and Simon Rickerty)</p> <ul style="list-style-type: none"> - What is family? - What are friendships? - Recognising other peoples' emotions - Working with others - Friendship problems and how to overcome them - Healthy friendships - Stereotyping – gender 	<p style="text-align: center;">Safety and the changing body (Errol's garden – Gillian Hibbs)</p> <ul style="list-style-type: none"> - Communicating safely and effectively with adults in school - Communicating safely and effectively with adults outside of school - What to do if I get lost - Making a call to emergency services - Appropriate contact - Safety with substances - Safety at home - People who help to keep us safe in our local community 	<p style="text-align: center;">Health and wellbeing (Elmer - David McKee)</p> <ul style="list-style-type: none"> - Understanding my feelings - What am I like? – identifying strengths and qualities - Ready for bed – effects of good quality sleep - Relaxation – laughter and progressive muscles relaxation - Handwashing and personal hygiene - Sun safety - Allergies - People who help us stay healthy 	<p style="text-align: center;">Citizenship (My World, Your World - Melanie Walsh)</p> <ul style="list-style-type: none"> - Rules - Caring for others: Animals - The needs of others - Similar, yet different - Belonging - Democratic decisions 	<p style="text-align: center;">Economic wellbeing (Going To The Volcano – Andy Stanton)</p> <ul style="list-style-type: none"> - Introduction to money - Looking after money - Banks and building societies - Saving and spending - Jobs in school 	<p style="text-align: center;">Transition (Hair, it's a Family Affair – Mylo Freeman)</p> <ul style="list-style-type: none"> - Understand my own strengths and prepare to move to a new class - Revision

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<p>LKS2 (Blackbirds, Starlings, Magpies)</p>	<p>Family and relationships (We're All Wonders – R.J Palacio)</p> <ul style="list-style-type: none"> - Healthy families - Friendship – conflict and resolution - Friendship – conflict v bullying - Effective communication to support relationships - Learning who to trust - Stereotyping – in everyday life - Where do stereotypes come from? 	<p>Safety and the changing body (The Truth about Old People – Elina Ellis)</p> <ul style="list-style-type: none"> - Emergencies and calling for help - Basic first aid – bites and stings - Communicating safety online - Cyberbullying - Fake emails - Making choices for myself - Who and what can influence my decisions and how to make the right choices for me - Road safety 	<p>Health and wellbeing (Beegu - Alexis Deacon)</p> <ul style="list-style-type: none"> - My healthy diary – physical activity, rest and diet - Relaxation – stretches - Wonderful me! - My superpowers - Breaking down problems - Diet and dental health 	<p>Citizenship (Hueys in the New Jumper - Oliver Jeffers)</p> <ul style="list-style-type: none"> - Rights of the child - Rights and responsibility - Recycling - Local community groups - Charity - Local democracy - Rules 	<p>Economic wellbeing (This is Our House - Michael Rosen)</p> <ul style="list-style-type: none"> - Ways of paying - Budgeting - How spending affects others - Impact of spending - Jobs and careers - Gender and careers 	<p>Transition (Planet Omar – Zanib Mian)</p> <ul style="list-style-type: none"> - Understanding the strategies people use to cope with change - Revision
<p>UKS2 (Seagulls, Owls, Eagles)</p>	<p>Family and relationships (And Tango Makes Three – Justin Richardson and Peter Parnell)</p>	<p>Safety and the changing body (How to Heal A Broken Wing – Bob Graham)</p> <ul style="list-style-type: none"> - Online friendships 	<p>Health and wellbeing (Mixed – Arree Chung)</p> <ul style="list-style-type: none"> - Relaxation – yoga 	<p>Citizenship (Rose Blanche – Ian McEwan and Roberto Innocenti)</p> <ul style="list-style-type: none"> - Breaking the law - Rights and responsibilities 	<p>Economic wellbeing (Kenny lives with Erica and Martina – Olly Pike)</p> <ul style="list-style-type: none"> - Borrowing - Income and expenditure 	<p>Transition (The Girls – Lauren Ace and Jenny Loulie)</p> <ul style="list-style-type: none"> - Understanding the skills needed to take on

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	<ul style="list-style-type: none"> - Build a friend – what makes a good friend - Friendship skills - Marriage – different types of marriage and the history of marriage - Respecting myself - Family life - Bullying – the effects of bullying and what might motivate a bully - Stereotyping – how attitudes to gender have changed over time - Stereotyping and discrimination 	<ul style="list-style-type: none"> - Staying safe online - Puberty - Menstruation - Emotional changes in puberty - First aid – bleeding - Drugs, alcohol and tobacco – understanding the influence others can have on us 	<ul style="list-style-type: none"> - The importance of rest - Embracing failure - Going for goals - Taking responsibility for my feelings - Healthy meals - Sun safety 	<ul style="list-style-type: none"> - Protecting the planet - Contributing to the community - Pressure groups - Parliament 	<ul style="list-style-type: none"> - Risks with money - Prioritising spending - Stereotypes in the workplace 	<ul style="list-style-type: none"> responsibilities in school - Revision
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<u>CYCLE B- 2022/23</u>						
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<p style="text-align: center;"><u>KS1</u> <i>(Sparrows, Wagtails, Robins)</i></p>	<p style="text-align: center;">Family and relationships (The Great Big Book of Families – Mary Hoffman and Ros Asquith)</p> <ul style="list-style-type: none"> - Families offer stability and love - Families are all different - Other peoples' feelings - How to deal with unhappy friendships - Introduction to manners and courtesy - Introduction to change and loss - Stereotyping - gender 	<p style="text-align: center;">Safety and the changing body (What the Jackdaw saw - Julia Donaldson and Nick Sharratt)</p> <ul style="list-style-type: none"> - Introduction to the internet - Communicating online – not sharing personal information - The difference between secrets and surprises - My private parts – the concept of privacy and the correct vocabulary for these - My private parts are private – safe and unsafe touch - Road safety - Safety with medicines 	<p style="text-align: center;">Health and wellbeing (Lubna and Pebble – Wendy Meddour and Daniel Egneus)</p> <ul style="list-style-type: none"> - Experiencing different feelings - Being active - Relaxation – breathing exercises - Steps to success – setting achievable goals - Growth mindset – overcoming difficulties - Healthy diet - Looking after our teeth 	<p style="text-align: center;">Citizenship (All Are Welcome – Alexandra Penfold and Suzanne Kaufman)</p> <ul style="list-style-type: none"> - Rules beyond school - Our school environment - Our local environment - Job roles in the community - Similar yet different – my local community - School council - Giving my opinion 	<p style="text-align: center;">Economic wellbeing (Amazing – Steve Antony)</p> <ul style="list-style-type: none"> - Where money comes from - Needs and wants - Wants and needs - Looking after money - Jobs 	<p style="text-align: center;">Transition (How to be a Lion – Ed Vere)</p> <ul style="list-style-type: none"> - Understanding that change can cause mixed feelings - Revision
<p style="text-align: center;"><u>LKS2</u> <i>(Blackbirds, Starlings, Magpies)</i></p>	<p style="text-align: center;">Family and relationships</p>	<p style="text-align: center;">Safety and the changing body</p>	<p style="text-align: center;">Health and wellbeing</p>	<p style="text-align: center;">Citizenship</p>	<p style="text-align: center;">Economic wellbeing</p>	<p style="text-align: center;">Transition</p>

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	<p>(Julian is a Mermaid – Jessica Love)</p> <ul style="list-style-type: none"> - Respect and manners - Healthy friendships – physical and emotional boundaries - How my behaviour affects others - Bullying – the effects of bullying and the responsibility of the bystander - Stereotypes – in fictional characters - Stereotypes – negative effects of - Families in the wider world – respecting differences - Change and loss - bereavement 	<p>(When Sadness Comes To Call – Eva Eland)</p> <ul style="list-style-type: none"> - Internet safety – age restrictions - Internet safety – share aware - Basic first aid – asthma - Privacy and secrecy – the difference between the two - Consuming information online – being a discerning consumer of online information - Growing up – that the changes from being a child to an adult is called puberty - Introduction to puberty - Tobacco – the risks of smoking 	<p>(Red: A Crayon’s Story – Michael Hall)</p> <ul style="list-style-type: none"> - Looking after our teeth - Relaxation – visualisation - Celebrating mistakes - My role – my strengths and helping others - My happiness - Emotions - Mental health 	<p>(Aalfred and Aalbert – Morag Hood)</p> <ul style="list-style-type: none"> - What are human rights? - Caring for the environment - Community - Contributing - Diverse communities - Local councillors 	<p>(Dogs Don’t Do Ballet – Anna Kemp and Sarah Ogilivie)</p> <ul style="list-style-type: none"> - Spending choices - Keeping track of money - Looking after money - Influences on career choices - Jobs for me 	<p>(Along Came A Different – Tom McLaughlin)</p> <ul style="list-style-type: none"> - Creating goals to achieve before entering my new class - Revision
<u>UKS2</u>	Family and relationships	Safety and the changing body	Health and wellbeing	Citizenship	Economic wellbeing	Identity and transition

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<p><i>(Seagulls, Owls, Eagles)</i></p>	<p>(The Only Way Is Badger – Stella J Jones and Carmen Saldana)</p> <ul style="list-style-type: none"> - Respect – how this can be gained and lost - Developing respectful relationships - Challenging stereotypes - Different types of stereotyping - Resolving conflict – negotiation and compromise - Change and loss – the emotions relating to grief 	<p>(Leaf – Sandra Dieckmann)</p> <ul style="list-style-type: none"> - The risks associated with alcohol - Critical digital consumers - Social media - Physical and emotional changes of puberty - Conception - Pregnancy and birth - First Aid – choking - Basic life support 	<p>(King of the Sky – Nicola Davies)</p> <ul style="list-style-type: none"> - What can I be? – setting long term goals - Relaxation – mindfulness - Taking responsibility for my health - Resilience toolbox - The facts about immunisation - Physical health concerns – where to get help - Habits – positive and negative 	<p>(The Island – Armin Greder)</p> <ul style="list-style-type: none"> - Human rights - Food choices and the environment - Caring for others - Prejudice and discrimination - Valuing diversity - National democracy 	<p>(A Day in the Life of Marlon Bundo – Marlon Bundo and Jill Twiss)</p> <ul style="list-style-type: none"> - Attitudes to money - Keeping money safe - Gambling - What jobs are available? - Career routes 	<p>(Introducing Teddy – Jessica Walton)</p> <ul style="list-style-type: none"> - What is identity? - Gender identity - Identity and body image - Transition - Understanding that a big change can bring bot opportunities and worries
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