



RHE Curriculum Overview

Relationships & Health Education Whole School Curriculum Overview 2022 - 2023

	Autumn			Spring			Summer		
EYFS	Money and Work People who help us, jobs of our families and in the community	Safe Relationships Ask appropriate questions, be aware of boundaries	Respecting Ourselves and Others Resolve conflicts, compromise, sensitivity, play co-operatively. Developing confidence and self-esteem	Belonging to a Community Take responsibility for roles in class, ask for help	Media Literacy and Digital Resilience Use digital devices to record, present and engage in activities	Families and Friendships Who is in my family? What is their role? Making friends, compromise and caring	Physical Health and Mental Well-Being Eat healthy foods; sleep routines; basic hygiene; personal needs	Growing and Changing Make observations of animals and plants; explain why some things occur, and talk about changes.	Keeping Safe Manage risks; move equipment safely; ask for help
Year 1	Respecting Ourselves and Others How behaviour affects others; being polite and respectful	Families and Friendships Roles and different people; families; feeling cared for	Media Literacy and Digital Resilience Using the internet and digital devices; communicating online	Belonging to a Community What rules are; caring for others' needs; looking after the environment	Physical Health and Mental Well-Being Keeping health; exercise; hygiene routines; sun safety	Money and Work Strengths and interest; jobs in the community	Safe Relationships Recognising privacy; staying safe and seeking permission	Keeping Safe How rules and restrictions help us; keeping safe online	Growing and Changing Recognising what makes them unique and special; feelings; managing when things go wrong
Year 2	Families and Friendships Making friends; feeling lonely and getting help	Physical Health and Mental Well-Being Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing and Changing Growing older; naming body parts; moving class or year	Money and Work What money is; needs and wants; looking after money	Respecting Ourselves and Others Recognising things in common and differences; playing and working co-operatively; sharing opinions	Belonging to a Community Belonging to a group; roles and responsibilities; being the same and different in the community	Media Literacy and Digital Resilience The internet in everyday life; online content and information	Keeping Safe Safety in different environments; risk and safety at home; emergencies	Safe Relationships Managing secrets; resisting pressure and getting help; recognising hurtful behaviour
Year 3	Respecting Ourselves and Others	Keeping Safe Risks and hazards; safety in the local	Physical Health and Mental Well-Being	Families and Friendships	Safe Relationships Personal boundaries;	Media Literacy and Resilience How the internet is used;	Belonging to a Community The value of rules and laws;	Money and Work Different jobs and skills; job	Growing and Changing Personal strengths and

	Recognising respectful behaviour; importance of self-respect; courtesy and being polite	environment and unfamiliar places	Health choices and habits; what affects feelings; expressing feelings	What makes a family; features of family life	safely responding to others; the impact of hurtful behaviour	assessing information online	rights, freedoms and responsibilities	stereotypes; setting personal goals	achievements; managing and re-framing setbacks
Year 4	Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively	Safe Relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online	Physical Health and Mental Well-Being Maintaining a balanced lifestyle; oral hygiene and dental care	Families and Friendships Positive friendships including online	Keeping Safe Medicines and Household products; drugs common to everyday life	Belonging to a Community What makes a community; shared responsibilities	Money and Work Making decisions; about money; using and keeping money safe	Media Literacy and Resilience How data is shared and used	Growing and Changing Personal identity; recognising individuality & different qualities; mental wellbeing
Year 5	Families and Friendships Managing friendships and peer influence	Keeping Safe Keeping safe in different situations, including responding in emergencies, first aid and FGM	Safe Relationships Physical contact and feeling safe	Media Literacy and Digital Resilience How information online is targeted; different media types, their role and impact	Belonging to the Community Protecting the environment; compassion towards others	Respecting Ourselves and Others Responding respectfully to a wide range of people recognising prejudice and discrimination	Physical Health and Mental Well-Being Healthy sleep habits; sun safety; medicines and vaccinations, immunisations and allergies	Money and Work Identifying job interests and aspirations; what influences career choices; workplace stereotypes.	Growing and Changing Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty
Year 6	Respecting Ourselves and Others Expressing opinions and respecting others points of view, including discussing topical issues	Families and Friendships Attraction to others; Romantic relationships; civil partnership and marriage	Safe Relationships Recognising and managing pressure; consent in different situations	Physical Health and Mental Well-Being What affects mental health and ways to take care of it; managing change, loss and bereavement;	Media Literacy and Digital Resilience Evaluating media sources; sharing things online	Keeping Safe Keeping personal information safe; regulations and choices; drug use and the laws; drug use and the media	Money and Work Influences and attitudes to money; Money and financial risks	Belonging to a Community Valuing diversity; Challenging discrimination and stereotypes	Growing and Changing increasing independence; managing transition

