

Yarm Primary School
Relationships
and
Health Education
Curriculum



Long-term overview

	Healthy and happy friendships	Similarities and differences	Caring and responsibility	Families and committed relationships	Healthy bodies, healthy minds	Coping with change
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 (A)	Making friends and getting along	Recognising strengths and respecting differences	Our special people	The importance of family	Amazing bodies	Growing and changing
KS1 (B)	What makes a happy friendship?	Strengths, abilities and stereotypes	Special people in our communities	The diversity of families	Staying safe and healthy	Growing up and setting goals
Year 3	Being a good friend	Valuing and respecting one another	Responsibility and boundaries	Different types of committed relationships	Sleep, food and hygiene	Coping with feelings when things change
Year 4	Solving friendship difficulties	Identity and diversity	Rights and responsibilities	Families and other relationships	Influences and personal choices	Puberty and hygiene
Year 5	Changing friendships	Celebrating strengths and setting goals	Caring in the community	Healthy, committed relationships	Valuing our bodies and minds	Puberty and emotions
Year 6	Relationships and feelings	Respectful behaviour online and offline	Responsible behaviour as we get older	Starting a family (sex education)	Being the best me	Coping with emotional effects of life changes

KS1	Cycle 1 - Lessons	In this unit of work, pupils learn...
Autumn 1 Making friends and getting along	<ol style="list-style-type: none"> 1. Forming friendships 2. Kindness 3. Getting along, sharing and turn taking 	<ul style="list-style-type: none"> • How to form friendships • How kind and unkind behaviour impact other people • To understand that even though we may not be friends with everyone, we can still work together and be kind to one another.
Autumn 2 Recognising strengths and weaknesses	<ol style="list-style-type: none"> 1. I am special 2. Who I am makes me unique 3. We don't all feel the same way 	<ul style="list-style-type: none"> • About what makes each of us special • About similarities and differences between people • How to respect and celebrate differences, including the ways people feel and respond to things.
Spring 1 Our special people	<ol style="list-style-type: none"> 1. My special people 2. How our special people care for us 3. Keeping safe 	<ul style="list-style-type: none"> • About the special people in their lives and how they care for them • How their special people set rules that keep them safe • How their special people can help them when they are feeling worried, scared or nervous.
Spring 2 The importance of family	<ol style="list-style-type: none"> 1. My family 2. Our families 3. Superhero families 	<ul style="list-style-type: none"> • To explore the importance of family and the stability and love that a family brings. • To look at similarities and differences between different family units and think about all the things that their families do to love, support and help them.
Summer 1 Amazing bodies	<ol style="list-style-type: none"> 1. My amazing body 2. Private body parts 3. Looking after our bodies 	<ul style="list-style-type: none"> • To celebrate their bodies and all the amazing things that they can do • How to keep their bodies healthy • How all bodies are different and that some body parts are private • The correct names for these parts and know that we use these names at school
Summer 2 Growing and changing	<ol style="list-style-type: none"> 1. Animal babies 2. How have we changed? 3. A future me 	<ul style="list-style-type: none"> • About the needsa that babies have • Tol consider how they have changed since they were born • To explore and celebrate their abilities • To share ideas of what they hope to be like in the future

KS1	Cycle 2 - Lessons	In this unit of work, pupils learn...
Autumn 1 What makes a happy friendship	<ol style="list-style-type: none"> 1. What makes a happy friendship? 2. Personal boundaries 3. Resilience 	<ul style="list-style-type: none"> • About the characteristics of a happy friendship • To explore personal boundaries and recognise safe and unsafe situations • To practise how to respond to unwanted touch • To reach out to someone they can trust whenever they feel worried or unsafe
Autumn 2 Strengths, abilities and stereotypes	<ol style="list-style-type: none"> 1. My strengths and abilities 2. Stereotypes 3. Whose job? 	<ul style="list-style-type: none"> • To reflect on how different people have different strengths and abilities • About the concept of stereotypes and why these are unhelpful and unfair • About gender stereotypes and how these can be challenged
Spring 1 Special people in our communities	<ol style="list-style-type: none"> 1. Community helpers 2. When we need help 3. Our communities and groups 	<ul style="list-style-type: none"> • About the communities to which children belong and who helps them in the communities • To reflect on their own role in the community and how they can offer help and support, as well as where to turn for help
Spring 2 The diversity of families	<ol style="list-style-type: none"> 1. Who is in a family? 2. A happy family 3. Families of all kinds 	<ul style="list-style-type: none"> • To explore the diversity of families • That other families may look different from theirs • To respect the difference between families and to recognise that others' families are also characterised by love and care • To investigate ways for caring for each other within a family
Summer 1 Staying safe and healthy	<ol style="list-style-type: none"> 1. Healthy feelings 2. Staying safe at home 3. Feeling poorly 	<ul style="list-style-type: none"> • To investigate different ways of staying healthy • To explore a range of emotions, • About the safe and unsafe use of medicines and household products • How to help someone who is feeling physically or emotionally poorly
Summer 2 Growing up and setting goals	<ol style="list-style-type: none"> 1. When I am older 2. Looking at the changes ahead 3. Goals 	<ul style="list-style-type: none"> • About growth and change • About celebrating achievements and setting goals • To explore how they develop in terms of their abilities, likes and dislikes • To discuss their future aspirations and how to achieve them

YEAR 3	Lessons	In this unit of work, pupils learn...
Autumn 1 Being a good friend	<ol style="list-style-type: none"> 1. What makes a good friend? 2. Personal space 3. Resilience 	<ul style="list-style-type: none"> • To reflect on how they can be good friends to others, exploring the concept of personal space and what to do when someone's space is being invaded • About the idea of resilience and develop strategies for being resilient
Autumn 2 Valuing and respecting one another	<ol style="list-style-type: none"> 1. Different but equal 2. Our school community 3. Valuing one another and considering people's feelings 	<ul style="list-style-type: none"> • To explore differences that can or cannot be seen and the importance of respecting and valuing these differences • To look at the different communities they belong to in order to further understand the similarities and shared values
Spring 1 Responsibilities and boundaries	<ol style="list-style-type: none"> 1. Being responsible 2. Responsibility and personal space 3. Caring and empathy 	<ul style="list-style-type: none"> • To explore their own responsibilities towards others and why it important to act responsibly • About the importance of showing empathy and recognising and respecting personal boundaries
Spring 2 Different types of committed relationships	<ol style="list-style-type: none"> 1. Commitment and marriage 2. All change 3. Family changes: when parents separate 	<ul style="list-style-type: none"> • About different kinds of committed relationships • To explore the meaning of the word commitment and consider the characteristics of a happy relationship • To explore feelings around changes in relationships, including the breaking-up of family structures and develop the skills to know when and how to seek support if they are feeling unhappy
Summer 1 Sleep, food and hygiene	<ol style="list-style-type: none"> 1. The power of sleep 2. Making healthy food choices 3. Germs! 	<ul style="list-style-type: none"> • About different ways of keeping healthy, including sleeping and eating well • How to get rid of germs by washing and by brushing their teeth regularly • How to develop good routines and habits that support their wellbeing
Summer 2 Coping with feelings when things change	<ol style="list-style-type: none"> 1. New changes 2. Feeling sad and showing empathy 3. Happiness 	<ul style="list-style-type: none"> • To explore feelings around the change in their lives • To explore how changes can affect them in different ways and to different degrees • About ways to help themselves feel happier and more positive if they are experiencing challenges

YEAR 4	Lessons	In this unit of work, pupils learn...
Autumn 1 Solving friendship difficulties	<ol style="list-style-type: none"> 1. Qualities of a good friend 2. Solving friendship difficulties 3. Personal boundaries and permission 	<ul style="list-style-type: none"> • To build on what they already know about good friends by picking out qualities and values • To investigate the skills needed to manage and solve issues that arise between friends and understand what to do if someone doesn't respect their privacy or personal boundaries
Autumn 2 Identity and diversity	<ol style="list-style-type: none"> 1. Being British 2. Making a judgement 3. A different point of view 	<ul style="list-style-type: none"> • To examine similarities and differences within society • To focus on the importance of valuing and respecting everybody equally and explore the dangers of making judgements based on appearance • To see see that people have different perspectives and ways of looking at the world
Spring 1 Rights and responsibilities	<ol style="list-style-type: none"> 1. Our rights, our responsibilities 2. The UN Convention on the Rights of the Child 3. Family roles and responsibilities 	<ul style="list-style-type: none"> • About the links between rights and responsibilities • About the UN Convention on the Rights of the Child • About the roles and responsibilities help within a family
Spring 2 Families and other relationships	<ol style="list-style-type: none"> 1. Different relationships: boundaries and behaviour 2. Belonging 3. Caring families 	<ul style="list-style-type: none"> • To explore what it means to belong to a family or other group, and what people in that unit have in common • About setting boundaries for safe and appropriate behaviour and discuss the relationship between caring and rules within a family or other group
Summer 1 Influences and personal choices	<ol style="list-style-type: none"> 1. Healthy influences 2. Making healthy choices 3. Dealing with feelings 	<ul style="list-style-type: none"> • About the choices they can make in relation to their health and wellbeing • To explore the external influences that can affect their choices • About the consequences of the choices they make and the importance of recognising and managing feelings
Summer 2 Puberty and hygiene	<ol style="list-style-type: none"> 1. What is puberty? 2. Understanding periods 3. Keeping clean as we grow and change 	<ul style="list-style-type: none"> • How their bodies start to change as they enter puberty, including girls starting their periods • How these changes affect their hygiene needs • How to take responsibility for maintaining good hygiene and the products that are available

YEAR 5	Lessons	In this unit of work, pupils learn...
Autumn 1 Changing friendships	<ol style="list-style-type: none"> 1. Identity 2. Peer pressure 3. Emotional health and wellbeing 	<ul style="list-style-type: none"> • To explore the concept of “identity” and how we use it to define us • To explore how peer pressure can affect us in real life and online • How to make informed choices • About the importance of positive emotional health and wellbeing, including where to turn for support
Autumn 2 Celebrating strengths and setting goals	<ol style="list-style-type: none"> 1. Strengths and abilities 2. Setting goals 3. Online safety 	<ul style="list-style-type: none"> • To investigate what strengths and abilities are, appreciating how these are different for different people • To explore their own future goals and aspirations • To discuss and reflect on the risks and benefits of the internet and how they can keep themselves safe
Spring 1 Caring in the community	<ol style="list-style-type: none"> 1. Changing needs 2. Feeling lonely 3. Why volunteer? 	<ul style="list-style-type: none"> • About the way of and reasons for caring • How our care needs change as we grow older • About the effects of isolation and loneliness and investigate what we, as members of a community, can do to help and support others, including through volunteering
Spring 2 Healthy, committed relationships	<ol style="list-style-type: none"> 1. Values of healthy relationships 2. Diversity in relationships 3. It's all about commitment 	<ul style="list-style-type: none"> • To explore the characteristics of healthy, happy families and committed relationships • About the diversity of families and to respect children who come from family background different to their own • To consider the values that make people want to commit to one another and what makes a stable, caring family life, including spending time together and giving each other support
Summer 1 Valuing our bodies and minds	<ol style="list-style-type: none"> 1. Valuing ourselves 2. Alcohol, tobacco and drugs 3. Keeping well (viruses, bacteria and immunisation) 	<ul style="list-style-type: none"> • To explore ways of maintaining their mental and physical wellbeing • To explore the connections between self-image, feelings and behaviour • To practise describing themselves using positive attributes • About the risks associated with legal and illegal harmful substances, and find out about viruses, bacteria, vaccinations and immunisation
Summer 2 Puberty and emotions	<ol style="list-style-type: none"> 1. Puberty 2. Puberty and emotions 3. Emotional changes: managing well 	<ul style="list-style-type: none"> • About the changes that occur during puberty • To explore the emotional impact of puberty and work out their own strategies for managing well

YEAR 6	Lessons	In this unit of work, pupils learn...
Autumn 1 Personal safety	<ol style="list-style-type: none"> 1. Emotional health and wellbeing 2. Relationships and change 3. Wider emotions 	<ul style="list-style-type: none"> • To explore how relationships evolve as they grow • How to develop skills for coping with changes and managing a wider range of emotions • To recognise risk and stay safe
Autumn 2 Respectful behaviour online and offline	<ol style="list-style-type: none"> 1. Identity online 2. Online bullying 3. Identities and belonging 	<ul style="list-style-type: none"> • To consider their own and others' online identities and behaviour, including how to identify and respond to bullying • To reflect on how people feel when they don't "fit in"
Spring 1 Responsible behaviour as we get older	<ol style="list-style-type: none"> 1. Taking care of myself 2. Looking after our money 3. Transition to secondary 	<ul style="list-style-type: none"> • About starting to take more responsibility for self-care, including our physical health, our mental wellbeing and our money • To explore the people who are there to help and support us as we move on to secondary school
Spring 2 Starting a family (sex education)	<ol style="list-style-type: none"> 1. Starting a family 2. The impact of having a baby 3. When is it right? 	<ul style="list-style-type: none"> • About human reproduction • The facts about how human life starts and some common questions will be answered in an age-appropriate manner • About the legal age of consent for sexual intercourse and the many factors that a committed couple would have to consider before having a baby • About consent and the importance of being ready before you make big decisions in your life
Summer 1 Being the best me	<ol style="list-style-type: none"> 1. Being the best me 2. Social media and our wellbeing 3. Taking care of our mental health 	<ul style="list-style-type: none"> • To further explore mental wellbeing, including ways to maintain it and the factors that can affect it • About the importance of self-respect and how social media and other online experiences can impact our personal feelings and our sense of self-worth • That it is common for people to experience mental ill health and that there is help and support available
Summer 2 Coping with emotional effects of life changes	<ol style="list-style-type: none"> 1. Body image 2. Puberty and changing relationships 3. Moving on 	<ul style="list-style-type: none"> • To explore the increase in their level of responsibility and the emotional effects of life changes as they grow older • To explore things that can influence how they view themselves and how close relationships can change as they grow and go through puberty • To look back at their time in Year 6, share their hopes and concerns and prepare to move to secondary school

