

## RSHE Curriculum Summary



| Year Group | Objectives   |
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| Year 1     | Engage in friendships, feelings, values and integrity<br>Success using the internet to help, take care of ourselves and stay safe online<br>Engage in family, take care of ourselves, growing, changing and family<br>Take care keeping healthy: food and exercise, hygiene routines; sun safety   |
| Year 2     | Values and Resilience to guide friendships, take care of our feelings, values and Integrity against bullying<br>Success using the internet to help, values and Integrity in online behaviour<br>Take care of ourselves, changing ideas about girls and boys<br>Why sleep is important; medicines and keeping healthy; keeping teeth healthy;   |
| Year 3     | Taking care of our minds, values guiding how we treat others respectfully, integrity to say no to bullying<br>Success searching online, taking care online<br>Engage in family, taking care of ourselves<br>Health choices and habits, what affects feelings   |
| Year 4     | Engage in positive friendships, integrity and values in the classroom and beyond, integrity to challenge bullying<br>Success using the internet , taking care online<br>Engage with equality, changes<br>Maintaining a balanced lifestyle; oral hygiene and dental care, drugs common to everyday life   |
| Year 5     | Resilience within friendships, taking care of ourselves; our bodies and our minds<br>Success online questioning what you see, integrity to engage with equality online<br>Integrity to engage with equality, changes<br>Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies   |
| Year 6     | Integrity within friendships, taking care of ourselves, taking care of our minds<br>Success online questioning what you see, values leading online behaviour, take care online<br>Integrity to challenge inequality, <b>changes (including conception which parents can withdraw their children from)</b> , family in all its forms, healthy relationships<br>Drug use and the law, the risks and effects of different drugs |

All black content is part of the National Curriculum, which is statutory. Red indicates parents have the option to withdraw children from the learning if they wish to do so.