



Relationships education, sex education and health education (RSHE): What pupils will learn – how and when

- 8. Relationships education** pgs 1-4
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10. Health education pgs 6-11
 (numbering corresponds to RSHE policy)

8. Relationships education	Ten Ten LTF+	Other curriculum areas/planned events
8.1 Families and people who care for me		
8.1.1 that families are important for children growing up because they can give love, security and stability	EYFS Summer 1 Y1 SP1 Y3 Sp1 Y6 Sp1 Y6 SP 2	EYFS A1 Understanding the World All Year groups RE A1
8.1.2 the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives	EYFS Summer 1 Y1 SP1 Y3 Sp1 Y6 Sp1 Y6 SP 2	All Year groups RE Aut 1
8.1.3 that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care	EYFS Summer 1 Y1 SP1 Sum1 Y2 Sum2 Y3 Sp1 Y6 A2 Sp1 Y6 SP 2	All Year groups RE A 1
8.1.4 that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up	EYFS Summer 1 Y1 SP1 Y2 Sum2 Y3 Sp1	All Year groups RE A 1



	Y6 Sp1 Y6 SP 2	
8.1.5 that marriage* represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong	Y6 Sp 1 and Sp2	EYFS RE Sp 1 EYFS A 1 Literacy
8.1.6 how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	EYFS Summer 1 Y1 SP1 Y1 SP2 Y3 Sp1 Y3 Sp2 Y6 Sp 1 Y5 Sp2	Y6 RE Sp 1
8.2 Caring friendships		
8.2.1 how important friendships are in making us feel happy and secure, and how people choose and make friends	EYFS Spring 2 Y1 Y2 Sp2 Spr1 Y5 Sp1	Y6 RE S2,Sp2 Y5 RE A2 ,Y4 RE A2 EYFS RE A2
8.2.2 that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded	EYFS Spring 2 Y2 Sp2 Sum 2 Y3 Sp1 Y5 S1 Y6 A2	ELMH team workshop A1 RE All year groups S 2
8.3.3 the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties	EYFS Spring 2 Y 1 Spring 1 and 2 Y2 Sp2 Y3 Aut2 Y6 A 2	ELMH team workshop A1 WS
8.3.4 that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	EYFS Spring 2 Y1 A 2 Sp1 Y2 Sp2 Sum2 Y3A2Y5 Spr 1	ELMH team workshop A1 WS Y6 RE S2,Sp2
8.3.5 how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed	EYFS Summer 1 Y1 Sp2 Y2 Sp2 Y3 A2 Sp2 Sp1 Y6 Sp1	
8.3 Respectful relationships		



8.3.1 the importance of permission-seeking and giving in relationships with friends, peers and adults	EYFS Summer 2 Y1 SP2 Y2 Sp2 Y5 Sp1 Y3 A2 Y5 S1Y6 A2	ELMH team workshop A1 WS
8.3.2 the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs	EYFS Summer 1 Y1 S1 Y2 A2 Sp1 Y2 Sp2 Y3A2 Y4 A2 Y5 S1Y 6 A 2	ELMH team workshop A1 WS RE A2 Summer 1 RE all year group Spring 1
8.3.3 showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other contact	Y 1 A2 Y2 A2 Sp1 Y5 Spr 2 S 1	
8.3.4 practical steps they can take in a range of different contexts to improve or support respectful relationships	EYFS Summer 1 Y1 Sp1 Y4 Sp2Y5 Sp1	
8.3.5 about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	EYFS Sum 1 Y1 SP2 Y3 Sp 2 Y5 Sp2Y6 A2	NSPCC workshop Speak out Stay Safe Sp1 whole school
8.3.6 the conventions of courtesy and manners	EYFS Spring 2 Y1 A2 Y1 Sp1 Y4 Sp2 Y5 Sp1	Mission and Values A1 , A2, Sp1,SP2 , S1, S2
8.3.7 the importance of self-respect and how this links to their own happiness	EYFS Sp 1 and 2 Y6 Sp1	
8.3.8 that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority	EYFS Spring 1 and 2 Y1 Sum1 and 2 Y2 A2 Y3A2Y5 A2 Sp1	All Year groups Sp 1
8.3.9 about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	EYFS Spring 2 Y1 Sp1 Y3 Sp1 Sp 2 Y5 Sp1	Antibullying Day
8.3.10 what a stereotype is, and how stereotypes can be unfair, negative or destructive	Y4 Sp2 Y6 A2 Sp1	



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8.3 Online relationships		
8.4.1 that people sometimes behave differently online, including by pretending to be someone they are not	EYFS Summer 1 Y1 Spr 2 Y 3 Sp2 Y5 Sp1	WS Safer internet Day November
8.4.2 that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous	EYFS Summer 1 Y1 Spr 2 Y5 Spr 1	WS Safer internet Day November
8.4.3 the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them	EYFS Summer 1 Y1 Spr 2 Y3 Sp2 Y5 Sp2Y6 Sp1	WS Safer internet Day November
8.4.4 how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met	Y 3Sp2 Y6 Sp1 5 Sp1	WS Safer internet Day November
8.4.5 how information and data is shared and used online	Y 3 Sp2 Y5 Sp2	WS Safer internet Day November



9. Sex education	Ten Ten LTF+	Other curriculum areas/planned events
9.1 to develop the following attitudes and virtues:		
9.1.1 reverence for the gift of human sexuality and fertility;	Y6 sp1	Y2 Science A1 Yr 5 Science Sp1
9.1.2 respect for the dignity of every human being – in their own person and in the person of others;	EYFS Aut2 Y1 A2 Y2 A2 Y3 A2 Y4 S1 Y5 S1 Y6 Sp1	Mission and Values Week CST Workshop A 1 Y6 CAFOD Y4 A 1
9.1.3 joy in the goodness of the created world and their own bodily natures;	Y6 Sp1	CST
9.1.4 responsibility for their own actions and a recognition of the impact of these on others;	Y5 S1 EYFS Sp2 ,Y1 S1, Yr2 S2 Y3 S1Y4Sp2 Y6 Sp2	CST Workshop A 1 Y6
9.1.5 recognising and valuing their own sexual identity and that of others;	Y3A2 Y6 Sp 2	
9.1.6 celebrating the gift of life-long, self-giving love;	Y3 A2	
9.1.7 recognising the importance of marriage and family life;	Y1 Sp1 Y3 Sp 1 Y5 A2 Y6 Sp2	
9.1.8 fidelity in relationships.	EYFS Sp2 ,Y1 S1, Yr2 S2 Y3 S1Y4Sp2 Y6 Sp2	
9.2 to develop the following personal and social skills:		
9.2.1 making sound judgements and good choices which have integrity, and which are respectful of the individual's commitments;	EYFS Sp2 ,Y1 S1, Yr2 S2 Y3 S1 Y4 Sp2 Y6 Sp2	EMH team workshop A1
9.2.2 loving and being loved, and the ability to form friendships and loving, stable relationships free from exploitation, abuse and bullying;	EYFS Sp2 ,Y1 S1, Yr2 S2 Y3 S1Y4 Sp2 Y6 Sp2	Y6 RE S2,Sp2 EMH team workshop A1



9.2.3 managing emotions within relationships, and when relationships break down, with confidence, sensitivity and dignity;	EYFS A2 Y2 Sp 2 Y4 Sp 2 Y3 A2 Y5 A2 Y6 A2 Y6 Sp1	
9.2.4 managing conflict positively, recognising the value of difference;		
9.2.5 cultivating humility, mercy and compassion, learning to forgive and be forgiven;	EYFS Sp1 Y1 S1 Y6 Sp 1	CST
9.2.6 developing self-esteem and confidence, demonstrating self-respect and empathy for others;	Y4 A2	CST
9.2.7 building resilience and the ability to resist unwanted pressures, recognising the influence and impact of the media, internet and peer groups and so developing the ability to assess pressures and respond appropriately.	Y4 A2 Y6 Sp 1	
9.3 to know and understand:		
9.3.1 the Church's teaching on relationships and the nature and meaning of sexual love;	Y6 Sp2	Y 5+6 Sum2 Period coach
9.3.2 the Church's teaching on marriage and the importance of marriage and family life;	Y6 Sp2	Y 5+6 Sum2 Period coach
9.3.3 the centrality and importance of virtue in guiding human living and loving;	Y6 Sp2	Y 5+6 Sum2 Period coach
9.3.4 the physical and psychological changes that accompany puberty;	Y6 Sp2	Y 5+6 Sum 2 Period coach
9.3.5 the facts about human reproduction, how love is expressed sexually and how sexual love plays an essential and sacred role in procreation.	Y6 Sp2	Y5+ 6 Sum 2 Period coach



10. Physical health and mental wellbeing	Ten Ten LTF+	Other curriculum areas/planned events
10.1 Mental wellbeing		
10.1.1 that mental wellbeing is a normal part of daily life, in the same way as physical health.	EYFS S1 Y4 Sp2 Y5 Sp1 Y6 A2	
10.1.2 that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	EYFS Summer 1 Y2 Sp2 Y4 Sp2 Y5 Sp1 Y6 Sp1	Y6 Mental Health Workshop Sp2
10.1.3 how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings	EYFS Y2 Sp2 Summer 1 Y4 Sp2 Y5 Sp1 Y6 Sp1	EMH team workshop A1
10.1.4 how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	EYFS Y2 Sp2 Summer 1 Y4 Sp2 Y5 Sp1	EMH team workshop A1
10.1.5 the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	EYFS Summer 1 Y2 Sp1 Y4 Sp2 Y4 A2 Y5 Sp2 Y6 Sp1	Mission and Values Chaplaincy Team Sum 2 Canoeing Y 6 , Sporting Activities- inter and intra school events Fitness Club Swimming pool Catch up swimming Beat the Street Caritas work CST workshop Y6 and Y4 A 1 Lunch activities . Enrichment Mental Health Champions Y5 GULP Sp2 Y3



		Fitness day September Subject Ambassadors Y5 Choir visits to Care Homes
10.1.6 simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Y4 Sp2 Y5 Sp1	Going for Goals ASC Family workshops ,Stay and plays ELMH Workshop A 1 Mental Health Champions Y5
10.1.7 isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Y4 Sp2 Y5 sp1 Y6 Sp1	
10.1.8 that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	EYFS Summer 1 Y1 Sp 1 and 2 Y3 Sp 1 Y 5 Sp 2	Anti Bullying week Whole school Assemblies
10.1.9 where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	EYFS S1 Y1 Sp 2 Y3 Sp1 2 Y4 Sp2 Y6 A12	School Safeguarding display Mental Health Champions
10.2 Internet safety and harms	Ten Ten LTF+	Other curriculum areas/planned events
10.2.1 that for most people the internet is an integral part of life and has many benefits.	EYFS S1 Y1 Sp2 Y 3 Sp2	Safer internet Day Y1 Computing Y 2 Computing A1
10.2.2 about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.	EYFS S Y1 Sp 1 1Y4 A2 Y5Sp1 Y6 Aut2	Safer internet Day



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10.2.3 how to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.	EYFS S1 Y1 SP2 Y3 Sp 2 Y5Sp1 Y6 Aut2	Safer internet Day
10.2.4 why social media, some computer games and online gaming, for example, are age restricted.	EYFS S1 Y 3 Sp2 Y5 Sp 1	Safer internet Day
10.2. 5 that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Y1 SP2 Y 3 Sp2 Y5 Sp1	
10.2.6 how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted	Y4 Sp2	Safer internet Day Y4 A1 computing
10.2.7 where and how to report concerns and get support with issues online	EYFS S 1 Y1 SP2 Y3 Sp1 and 2 Y4 A2 Y5 Sp 2	
10.3 Healthy eating	Ten Ten LTF+	Other curriculum areas/planned events
10.3.1 what constitutes a healthy diet (including understanding calories and other nutritional content).	EYFS Sp 2 Y1 Sp2 Y2 Sp1Y4A2	DT all year groups A2 & Sp 2 Science Y2 A1 Y3A1 GULP Y3 Sp2
10.3.2 the principles of planning and preparing a range of healthy meals.	Y2 Sp1 Y4A2	DT A2 Healthy Lunch box assembly and display Spring 1
10.3.3 the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	Y 1 Sp2 Y2 Sp1Y4A2Y5 Sp2	Healthy Lunch box assembly and display Spring 1 GULP Y3 Sp2
10.4 Drugs, alcohol and tobacco	Ten Ten LTF+	Other curriculum areas/planned events



10.4.1 the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.	Y1 SP 2 Y3 Sp2 Y5 Sp1 Y5Sp2 S2	Y6 Science A1
10.5 Health and prevention	Ten Ten LTF+	Other curriculum areas/planned events
10.5.1 how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	Y6 A2	Y6 Science A 1
10.5.2 about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	EYFS S1 Y6 A 2	WS assembly Sum1
10.5.3 the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Y2 Sp1 Y4 A2	Sleep helpline autumn 2 World Sleep Day March assembly
10.5.4 about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	EYFS Sp 1 Y2 Sp1 Y4A2	
10.5.5 about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	Y2 Sp1 Y4 A2Y5 Sp2	Science Y2 A2 ELHT session A 1 Y3
10.5.6 the facts and science relating to allergies, immunisation and vaccination.	Y1 Sp2 Y5 Sp2	Flu immunisations A2
10.6 Basic first aid	Ten Ten LTF+	Other curriculum areas/planned events
10.6.1 how to make a clear and efficient call to emergency services if necessary.	EYFS S1 Yr1 Sp2 Y3 Spr2 Year 5 S1	Year 6 Red Cross Workshop Sum2
10.6.2 concepts of basic first-aid, for example dealing with common injuries, including head injuries	Y1 Sp2 Y3 Spr2 Year 5 S 1	Year 6 Red Cross Workshop Sum2
10.7 Changing adolescent body	Ten Ten LTF+	Other curriculum areas/planned events



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10.7.1 key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.	Year 4 Spr 1 Year 6 A 2 Year 4 Spr 1 Year 6 A 2 Y6 Sp1	Y5 Y6 Period Coach Y6 Sum 2 Y5 Science Spring
10.7.2 about menstrual wellbeing including the key facts about the menstrual cycle	Year 4 Spr 1 Year 6 A 2 Year 4 Spr 1 Year 6 A2 Y6 Sp1	Y5 Science Spring Y5 Y6 Period Coach Sum 2