

Big Picture for Curriculum Subjects

(to be used alongside subject specific curriculum overview/progression of skills)

Relationships and Health Education

What are the Key Concepts and Ideas that we want children to learn about in this subject through their education?

1. Learn about their feelings and emotions, develops skills to manage conflict and recognise the qualities of healthy friendships and how to manage them.
2. Valuing differences and know how our differences help us to develop respectful relationships with others.
3. Explore how to keep themselves safe in the physical world and online.
4. Learn about their rights and responsibilities and how this links to the economy and the environment.
5. Find out about keeping physically healthy, developing a growth mind set to facilitate resilience, setting goals and ways to achieve them.
6. Know about the physical and emotional changes that happen as they grow older

How do these concepts progress throughout the school?

EYFS	KS1	KS2
<p>The children in the Early Years learn about themselves, their friends and their family, through stories, circle time and role play.</p> <p>The Early Year's environment is designed to allow children to explore life changes, getting bigger and their emotions through games, provision and carefully planned whole class sessions.</p> <p>The children in Early Years are encouraged to share their thoughts and ideas and are learning in an environment that is rich with images, books and toys that embraces different kinds of people.</p>	<p>The teaching of RHE in KS1 is embedded in ethos of the school and within all areas of the curriculum. The children are exposed to real life situations throughout their school day, and through focused RHE weekly sessions.</p> <p>The children in KS1 learn about themselves, their friendships, their feelings, their lifestyle, their family and their own rights and responsibilities through a scheme of work which supports their mental health and wellbeing.</p> <p>The children join in with lots of class discussions and guided sessions which allow them to explore a range of topics in a safe environment where they can find out about themselves and others and explore their feelings and emotions.</p>	<p>In KS2, the children are exposed to lots of factual information that is appropriate for their age. They are educated in an environment that has children's personal, social and emotional needs at the core. RHE is not just taught in the classroom but is factored into all other areas of the curriculum.</p> <p>In KS2 the children consolidate and build upon their prior learning. They consider their similarities and differences and the issues that can arise from this. They look at their relationships and discuss what a healthy relationship looks like. They think about their friendships and how to manage conflict. They spend time thinking about how to keep themselves safe in the wider world and online. They think about a healthy life style and the factors that affect this. They explore the changes that happen throughout their childhood.</p> <p>They consider their own responsibilities and how they can function in the wider world.</p> <p>They are taught in a way that allows them to share their thoughts and ideas in a safe place and ensures that they are exposed to information about how to manage their own wellbeing, their</p>

		relationships and how to live in the wider world.
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Relationships and Health Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Personal, Social and Emotional Development is one of the three prime areas in the EYFS curriculum and runs through everything that is taught. There is a large focus on developing independence, resilience and the ability to understand their own and other people's emotions.</p> <p>As well as this, children complete lessons from the 'New Dimensions' curriculum, covering:</p> <ul style="list-style-type: none"> • Making Relationships • Self-confidence and self-awareness • Managing feelings and behaviour 					
Year 1	The importance of rules Being a good friend Online safety	Good manners, emotions and opinions	Eating healthily and keeping ourselves clean, making comparisons	Dealing with unkind behaviour and keeping ourselves safe	My family, special people, kindness and sharing	Road safety And keeping money safe
Year 2	Belonging, friendship and staying safe	Consequences, aspirations and co-operation	Dental hygiene and keeping clean	Similarities and differences, Exercise to keep healthy	Behaviour, responsibility	Emotions And enterprise and local citizenship
Year 3	The importance of rules Online safety	Friendship, loss and separation	Physical, emotional and mental wellbeing	Looking at different communities	What to do in an emergency situation	Healthy living And shared goals
Year 4	Gender stereotypes Online safety	Feelings, persistence and resilience	Healthy Eating. Where does our food come from?	Expressing opinions, family changes, loss and separation.	Identifying strengths and setting goals	Families, religious views and diversity
Year 5	Rights and responsibilities, law and order	Managing conflict, dealing with death and grief	Healthy lifestyles	Listening to others and confidentiality	Making good food choices, personal space	Basic first aid, shared goals

