

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

Year 6	Identifying strengths and setting goals	Gender stereotypes, race and ethnicity, culture	Illness and immunisation, marriage	Healthy minds and mental wellbeing	Financial awareness and budgeting	Making money and raising money
--------	-----------------------------------------	-------------------------------------------------	------------------------------------	------------------------------------	-----------------------------------	--------------------------------