Relationships, Health and Sex Education: Curriculum Overview

This Curriculum Overview shows what your child will learn in Relationships, Health and Sex Education during their time at The Free School Norwich. This should be read in conjunction with our Curriculum Overview for Personal, Social, Health and Economic Education as the schemes of work in conjunction with one another. This is reviewed annually and may be adapted to meet the needs of individual children or classes, and where appropriate, will be linked to events or places in our local environment or alongside outside agencies to deliver specialist teaching.

Year 1					
Harvest Term	**Christmas Term**	**Winter Term**	**Spring Term**	**Whitsun Term**	**Summer Term**
My Relationships	**My Rights and Responsibilities**	**My Feelings**	**Asking for Help**	**My Beliefs**	**My Body**
Overarching PSHE Theme: **TEAM Everyone Achieves More – if a class team works well together, it has a positive impact on all of its members and what they can achieve, how an individual's actions can impact the team.** To have some ways of avoiding, managing and resolving conflict.	**Overarching PSHE Theme:** **Diverse Britain – we live in a diverse, multicultural and democratic society. The need to be respectful of difference.** To identify and respect the differences and similarities between people. To understand there are different types of families.	**Overarching PSHE Theme:** **Think Positive – feelings (comfortable and uncomfortable) and how our attitude towards life can affect mental health.** To know who to ask for help. To know how I am special. To learn about what keeping healthy means;	**Overarching PSHE Theme:** **Aiming High - goals and aspirations. Looking at achievements so far and the attitude needed for success.** To recognise the ways in which they are the same and different to others. To know how to talk about and share their opinions on things that	**Overarching PSHE Theme:** **Be Yourself – confidence to be yourself. Identifying strengths and achievements and recognizing different emotions.** To recognise what makes them special. To recognise the ways in which we are all unique. To identify what they are good at, what they	**It's My Body – choices about looking after their bodies. Making safer choices about their body, sleep and exercise, diet, cleanliness and substances.** To know how people grow and change. To know the difference between boy and girl babies.

To take part in making and changing rules in their own class and school. To be able to use different approaches to solve problems.		different ways to keep healthy. To learn about different feelings that humans can experience.	matter to them.	like and dislike.	To understand some basic hygiene principles. To know how to keep clean.
Key Vocabulary: boy, girl, male, female, body part, emotions, feelings, vulva, penis, disease, bacteria, problem, help, agreement, disagreement, resolution, rights, responsibility, decision, views (i.e. different views to their own)					
For Cross Curricular Links, please refer to the Curriculum Overview for Personal, Social, Health and Economic Education					

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Year 2					
Harvest Term	**Christmas Term**	**Winter Term**	**Spring Term**	**Whitsun Term**	**Summer Term**
My Relationships	**My Rights and Responsibilities**	**My Feelings**	**Asking for Help**	**My Beliefs**	**My Body**
Overarching PSHE Theme: **VIPs – friendships, forming and maintaining friendships, the qualities of a good friend. Disputes and bullying.** To have some ways of avoiding, managing and resolving conflict. To be able to use different approaches to solve problems. To recognise effects of own behaviour on others and use this to help make choice	**Overarching PSHE Theme:** **One World – how people's life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries.** To understand there are different types of families. To explain how I am special. To begin to explain how I belong.	**Overarching PSHE Theme:** **Safety First – taking responsibility for their own safety. Everyday risks, hazards and dangers. First aid, dealing with common injuries and responding to emergency situations.** To recognise risk in simple everyday situations and what action to take to minimise harm. To learn about how to keep safe at home (including around electrical appliances) and fire safety (e.g. not playing with matches and lighters). To know that household products (including medicines) can be	**Overarching PSHE Theme:** **Money Matters - where money comes from and how it is used.** Economic Education Focus	**Overarching PSHE Theme:** **Digital Wellbeing – what we use the internet for and the benefits and risks of online activities.** To know that sometimes people may behave differently online, including by pretending to be someone they are not. To understand how to respond safely to adults they don't know. To learn about rules and age restrictions that keep us safe. To know basic rules to keep safe online, including what is meant by personal information and what should be	**Overarching PSHE Theme:** **Growing Up – the human body; how we grow and change, both physically and emotionally.** To know the differences between males and females. To understand how my body changes throughout my life.

		harmful if not used correctly.		kept private; the importance of telling a trusted adult if they come across something that scares them.	
Key Vocabulary: Recap and build on previous year group's vocabulary. Year group specific - similar, different, boy, girl, male, female, body part, self-esteem, vagina, bullying, unique, personal space, privacy, secret, surprise, empathy, fairness, identity, belonging, agreement, disagreement, conflict, resolution, problem solving, rights, responsibility, decision, views (i.e. different views to their own)					
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Year 3					
Harvest Term	**Christmas Term**	**Winter Term**	**Spring Term**	**Whitsun Term**	**Summer Term**
My Relationships	**My Rights and Responsibilities**	**My Feelings**	**Asking for Help**	**My Beliefs**	**My Body**
Overarching PSHE Theme: **TEAM – if a class team works well together, it has a positive impact on all of its members and what they can achieve, how an individual's actions can impact the team.** To adapt behaviour to take into account feelings of others. To listen attentively, question and respond to others. To demonstrate a readiness to think through consequences of words, actions and choices on others.	**Overarching PSHE Theme:** **Diverse Britain – we live in a diverse, multicultural and democratic society. The need to be respectful of difference.** To recognise the belief that it is everyone's responsibility to challenge prejudice and discrimination. To demonstrate active participation in school-based decision making.	**Overarching PSHE Theme:** **Think Positive – feelings (comfortable and uncomfortable) and how our attitude towards life can affect mental health.** To identify who to go to for help and support. To know how I belong.	**Aiming High - goals and aspirations. Looking at achievements so far and the attitude needed for success.** To explore gender stereotypes. To value what contributes towards own identity.	**Overarching PSHE Theme:** **Be Yourself – confidence to be yourself. Identifying strengths and achievements and recognising different emotions.** To know how I belong. To understand how to overcome peer Pressure. To express their own views and ideas on issues clearly, using a range of appropriate methods. To value what contributes towards own identity.	**Overarching PSHE Theme:** **It's My Body – choices about looking after their bodies. Making safer choices about their body, sleep and exercise, diet, cleanliness and substances.** **(The FGM part of lesson 1 will be covered in Year 6 RSHE)** To know the differences between males and females. To understand how my body changes throughout my life.

Key Vocabulary: Recap and build on previous year groups' vocabulary. Year group specific: Stereotypes, gender roles, similar, different, male, female, body part, penis, vagina, vulva, testicles, aspiration, compliment, self-esteem, hygiene, relationship, diversity, culture, society, equality, contribution, rights and responsibilities, racism, sexism, stereotype, discrimination, prejudice, challenge, conflict, resolve (in relation to conflict), prevent (in relation to conflict), solution (in relation to conflict), rule/law, empathy, impact, bias/opinion
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Year 4					
Harvest Term	**Christmas Term**	**Winter Term**	**Spring Term**	**Whitsun Term**	**Summer Term**
My Relationships	**My Rights and Responsibilities**	**My Feelings**	**Asking for Help**	**My Beliefs**	**Growing Up**
Overarching PSHE Theme: **VIPs – friendships, forming and maintaining friendships, the qualities of a good friend. Disputes and bullying**. To understand the nature of prejudice (e.g. racism and sexism) and ways to combat the impact of this stereotype. To analyse own and others' assumptions about people and issues and keep mind open to new ideas? To discuss how people might feel through interpreting facial	**Overarching PSHE Theme:** **One World – how people's life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries.** To understand connections between personal decisions and issues affecting people locally and globally. To describe feelings about changes and events in own setting and the wider world. To participate in decision making in school.	**Overarching PSHE Theme:** **Safety First – taking responsibility for their own safety. Everyday risks, hazards and dangers. First aid, dealing with common injuries and responding to emergency situations.** To learn about why people choose to use or not use drugs (including nicotine, alcohol and medicines). To learn about the importance of taking medicines correctly and using household products safely. To learn strategies for keeping safe in the local environment or	**Overarching PSHE Theme:** **Aiming High – achievements, aspirations and opportunities. Preferred learning styles, how they learn best. Challenges people face and barriers to success.** To be proactive in including other people, especially those who may face barriers to participating fully, in school decision making process. To know where to go for help. To recognise how beliefs can affect behaviour and world views.	**Overarching PSHE Theme:** **Be Yourself – everyone is an individual, important to 'be yourself'. Developing a positive view of themselves and enabled them to recognise the importance of being proud of their individuality.** To understand how families have different family members. To know how I belong. To explore gender stereotypes. To learn strategies for recognising and managing peer influence and a desire	**Overarching PSHE Theme:** **Growing Up – the human body; how we grow and change during puberty both physically and emotionally.** To describe male and female body parts and explain what these are for. To describe how boys' bodies will change as they go through puberty. To describe how girls' bodies will change as they go through puberty. To describe the feelings some people

expression and actions. To identify strengths.		unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about.		for peer approval in friendships; to recognise the effect of online actions on others. To learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online).	experience as they grow up. To understand that there are many different types of relationships and families. To describe how babies are made and how they are born.
Key Vocabulary: Stereotypes, gender roles, similar, different, male, female, penis, vagina, puberty, period, pregnancy, emotions, empathy, foetus, public, private, identity, marriage, arranged marriage, forced marriage, peer pressure, diversity, culture, society, equality, contribution, rights and responsibilities, racism, sexism, stereotype, discrimination, prejudice, challenge, conflict, resolve (in relation to conflict), prevent (in relation to conflict), solution (in relation to conflict), rule/law, empathy, impact, bias/opinion					
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Year 5					
Harvest Term	**Christmas Term**	**Winter Term**	**Spring Term**	**Whitsun Term**	**Summer Term**
My Relationships	**My Rights and Responsibilities**	**My Feelings**	**Asking for Help**	**My Beliefs**	**My Body**
Overarching PSHE Theme: TEAM (Together Everyone Achieves More) – positive qualities of a team, learning how to disagree respectfully and communicate effectively. To be able to identify conflicts (both past and present) within own society and others. To be able to explore multiple perspectives and alternative visions of the future. To understand what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity,	**Overarching PSHE Theme: Diverse Britain – identify how to make a positive contribution to the community. The law and the consequences of not respecting it.** To demonstrate a sense of solidarity with those suffering human rights violations, injustice and discrimination. To identify stereotypes, prejudices and discrimination and discuss possible ways to challenge them. To learn about discrimination: what it means and how to challenge it.	**Overarching PSHE Theme: Think Positive – understanding thoughts and emotions, both positive and negative.** To recognise that habits can have both positive and negative effects on a healthy lifestyle. To learn that mental health, just like physical health, is part of daily life; the importance of taking care of mental health. To learn about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups,	**Overarching PSHE Theme: Aiming High – achievements, aspirations and opportunities. Preferred learning styles, how they learn best. Challenges people face and barriers to success.** To learn to identify personal strengths, skills and achievements and how these contribute to a sense of self-worth.	**Overarching PSHE Theme: Be Yourself – everyone is an individual, important to 'be yourself'. Developing a positive view of themselves and enabled them to recognise the importance of being proud of their individuality.** To use a varied vocabulary when talking about feelings; about how to express feelings in different Ways. To learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.	**Overarching PSHE Theme: It's My Body – consent and autonomy, body image and stereotypes and learning about substance which are harmful to our bodies.** To understand how the body changes throughout life. To be aware of puberty. To recognise the emotional and physical changes of puberty. To learn about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, alcohol and medicines) and their impact on health; recognise that drug use

sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships. To learn the importance of seeking support if feeling lonely or excluded.	To learn to listen and respond respectfully to a wide range of people, including those with traditions, beliefs and lifestyle are different to their own.	doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.		To learn about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement. To learn to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth.	can become a habit which can be difficult to break. To learn about the mixed messages in the media about drugs, including alcohol and smoking/vaping. To learn about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret.

Key Vocabulary:

Stereotypes, gender roles, similar, different, male, female, penis, vagina, period, puberty, hormones, penis, erection, wet dream, sex, transgender, gay, lesbians, personal information, online, diversity, culture, society, equality, contribution, rights and responsibilities, racism, sexism, stereotype, discrimination, prejudice, challenge, conflict, resolve (in relation to conflict), prevent (in relation to conflict), solution (in relation to conflict), rule/law, empathy, impact, bias/opinion

Year 6					
Harvest Term	**Christmas Term**	**Winter Term**	**Spring Term**	**Whitsun Term**	**Summer Term**
My Relationships	**My Rights and Responsibilities**	**My Feelings**	**Asking for Help**	**My Beliefs**	**My Body**
Overarching PSHE Theme: **VIPs – focus on relationships, with families, friendship groups and how important kindness and respect are within these relationships.** To understand that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely. To recognise if friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.	**Overarching PSHE Theme:** **One World – responsibility to live as global citizens, to help the environment and all living things throughout the world through the choices we make.** To learn about the relationship between rights and responsibilities.	**Overarching PSHE Theme:** **Safety First – taking responsibility for own safety, including standing up to peer pressure, risk associated with different situations and what to do if in danger.** To learn what is meant by first aid; basic techniques for dealing with common injuries. To learn strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about. To learn about hazards (including fire risks) that	**Overarching PSHE Theme:** **Money Matters - how money is used in the wider world. The possible consequences of taking financial risks and identify ways to avoid these.** Economic Education Focus	**Overarching PSHE Theme:** **Digital Wellbeing – using the internet positively and how they can look after their wellbeing online. Potential risks of being online when using digital technologies, strategies to stay safe and get help**. To learn about the benefits or the internet; the importance of balancing time online with other activities; strategies for managing time online. To understand reasons for following and complying with regulations and restrictions (including age restrictions); how	**Overarching PSHE Theme:** **Growing Up – how we grow up and change, both physically and emotionally, the types of relationships that people have**. To recognise that feelings can change over time and range in intensity. To learn about the importance of expressing feelings. To learn to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction.

To learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online). To learn about seeking and giving permission (consent) in different situations.		may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe.		they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming. To learn the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact.	To learn about the physical and emotional changes that happen when approaching and during puberty. To learn about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. To learn about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made). To learn about where to get more information, help and advice about growing and changing, especially about puberty.

Key Vocabulary:
Key Vocabulary: Stereotypes, gender roles, similar, different, male, female, penis, vagina, period, puberty, risk, challenge, decision, body image, sexual intercourse, conception, homophobic, biphobic, transphobic, vulva, clitoris, circumcision, female genital mutilation, infection, sexually transmitted infection, condom, problems, support, help, trust, diversity, culture, society, equality, contribution, rights and responsibilities, racism, sexism, stereotype, discrimination, prejudice, challenge, conflict, resolve (in relation to conflict), prevent (in relation to conflict), solution (in relation to conflict), rule/law, empathy, impact, bias/opinion
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