










## St Oswald's CE Primary School Relationships, Health Education Curriculum Overview



### Cycle A








<p style="text-align: center;"><b>Golden Threads</b></p>  <p>RHE is lifelong learning about physical, moral and emotional development with our six values at the heart of everything that we do.</p>	<p style="text-align: center;"><b>Healthy and happy relationships</b></p> 	<p style="text-align: center;"><b>Similarities and differences</b></p> 	<p style="text-align: center;"><b>Caring and responsibility</b></p> 	<p style="text-align: center;"><b>Families and committed relationships</b></p> 	<p style="text-align: center;"><b>Healthy bodies, healthy minds</b></p> 	<p style="text-align: center;"><b>Coping with change</b></p> 
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS</b>	Explore people close to me and how to be a good friend. Developing empathy and learning how to share.	What makes me special? Celebrating similarities and differences.	People who help to keep us safe and how to get help. Looking after things: friends, environment and money.	What is a family and who is in my family. Explore what makes my family special. Showing kindness.	Keeping my body safe. Safe secrets and touches. Identify people who help to keep us safe. Keeping my body healthy: food, exercise, sleep.	Zones of regulation. Explore feelings and how we can self-regulate. Look at life cycles.
<b>Year 1/2</b>	Forming friendships and how kind or unkind behaviours impact other people.	Similarities and differences between people and how to respect and celebrate these.	Identifying who our special people are and how they keep us safe.	What a family is (including difference and diversity between families), and why families are important and special.	Our bodies and the amazing things they can do. Learning the correct names for different body parts.	Growing from young to old and how we have changed since we were born.
<b>Year 3/4</b>	Being a good friend and respecting personal space. Strategies for resilience.	Respecting and valuing differences. Shared values of communities.	Our responsibilities and ways we can care and show respect for others.	Exploring the importance of commitment in relationships and how families can change and alter over time, including through separation and loss.	Maintaining physical and mental wellbeing, through healthy eating, sleep and keeping clean.	Coping with feelings around the changes in our lives.  <b>Puberty: To be taught in separate year groups every year. <u>Y4 only</u></b>
<b>Year 5/6</b>	Identity and peer pressure in real life and online. Positive emotional health and wellbeing.	Celebrating strengths, setting goals and keeping ourselves safe online.	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.	How puberty changes can affect our emotions and feelings and ways to manage this; questions about puberty and change, including periods and wet dreams.  <b>Sex Education: To be taught in separate year groups every year. <u>Y6 only</u></b>



## St Oswald’s CE Primary School Curriculum Overview



### Cycle B

<p><b>Golden Threads</b></p>  <p>RHE is lifelong learning about physical, moral and emotional development with our six values at the heart of everything that we do.</p>	<p><b>Healthy and happy relationships</b></p> 	<p><b>Similarities and differences</b></p> 	<p><b>Caring and responsibility</b></p> 	<p><b>Families and committed relationships</b></p> 	<p><b>Healthy bodies, healthy minds</b></p> 	<p><b>Coping with change</b></p> 
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS</b>	Explore people close to me and how to be a good friend. Developing empathy and learning how to share.	What makes me special? Celebrating similarities and differences.	People who help to keep us safe and how to get help. Looking after things: friends, environment and money.	What is a family and who is in my family. Explore what makes my family special. Showing kindness.	Keeping my body safe. Safe secrets and touches. Identify people who help to keep us safe. Keeping my body healthy: food, exercise, sleep.	Zones of regulation. Explore feelings and how we can self-regulate. Look at life cycles.
<b>Year 1/2</b>	Understanding what makes a happy friendship. Understanding personal boundaries and safe/unsafe situations.	Exploring different strengths and abilities. Understanding and challenging stereotypes.	The different communities and groups we belong to and how we help and support one another through these.	The different types of family members and how families vary.	Ways to stay healthy, including safe and unsafe use of household products and medicines.	Exploring how our bodies and needs change as we grow older. Aspirations and goal setting.
<b>Year 3/4</b>	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	The range of relationships we experience in our everyday lives. How to identify each relationship and understand the differences between types of relationships we encounter.	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal choices.	How our bodies change as we enter puberty, including hygiene and menstruation.  <b>Puberty: To be taught in separate year groups every year. <u>Y4 only</u></b>
<b>Year 5/6</b>	How relationships evolve as we grow, and how to cope with a wider range of emotions.	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.	Sex education: adult relationships and human reproduction, including different ways to start a family.	Being the best me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.	Transitions, and ways to manage the increasing responsibilities and emotional effects of life changes.  <b>Sex Education: To be taught in separate year groups every year. <u>Y6 only</u></b>

[Relationships Education, Relationships and Sex Education and Health Education guidance \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)