

Relationships & Health Education Overview

Nursery and Reception

The focus is very much on self-regulation, managing self and building relationships. However, there will be opportunities to talk about different families and how different people in these families' love each other.

Personal, social and emotional development is integrated into daily practice throughout Nursery and Reception.

Children work towards achieving these Early Learning Goals in Personal, social and emotional development at the end of Reception.

Self-Regulation

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Managing Self

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Building Relationships

- Work and play cooperatively and take turns with others.
- Form positive attachments to adults and friendships with peers.
- Show sensitivity to their own and to others' needs.

Year 1

Year 1 build on simple health and relationships work from Early Years. The curriculum concentrates on friendships and how children can have positive relationships with their peers and families. Keeping safe is a key feature and this is developed through supporting children to know how to communicate with trusted people and share feelings. The emphasis on respecting and understanding other people's views becomes a primary focus with time spent looking at similarities and differences between people as positives.

Autumn 1	<p><u>Core 2 Unit 4: Lesson 1 Friendships – Forever Friends:</u></p> <ul style="list-style-type: none"> • To learn how to develop positive relationships with peers • To identify different relationships that they have and why these are important <p><u>Core 2 Unit 4: Lesson 2 Make Friends:</u></p> <ul style="list-style-type: none"> • To understand the importance of making friends • To identify and respect the differences and similarities between people • To develop positive relationships between work and play
Autumn 2	<p><u>Core 2 Unit 1: Lesson 1 Feelings – How I Feel:</u></p> <ul style="list-style-type: none"> • To recognise and communicate feelings to others <p><u>Core 2 Unit 1: Lesson 2 Responses - You and Me:</u></p> <ul style="list-style-type: none"> • To recognise and communicate feelings to others • To listen to, reflect on and respect other people's views and feelings
Spring 1	<p><u>Core 2 Unit 3: Lesson 2 Comparisons – All the Same:</u></p> <ul style="list-style-type: none"> • To learn about others • To reflect on the similarities and differences between people • To recognise and respect similarities and differences between people
Spring 2	<p><u>Core 1 Unit 5 Lesson 4 Personal Safety – Secret Surprise:</u></p> <ul style="list-style-type: none"> • To learn about the difference between secrets and surprises • To understand when not to keep adults' secrets • To seek help from an appropriate adult when necessary <p><u>Core 1 Unit 5: Lesson 5 Emotional Safety – Getting Help:</u></p> <ul style="list-style-type: none"> • To learn about who to go to for help and advice • To recognise that there are people who care for and look after them • To know how to keep safe and how and where to get help • To recognise and respond to issues of safety relating to themselves and others and how to get help
Summer 1	<p><u>Core 2 Unit 4 Lesson 6 Family – Special People:</u></p> <ul style="list-style-type: none"> • To identify their special people and what makes them special • To identify different relationships that they have and why these are important

Year 2

There is a change of emphasis in Year 2 with developing children’s understanding of their bodies including what is private. This will entail use of correct terminology for boys’ and girls’ genitalia. They will learn, in simplistic terms, about how their body develops as they grow from babies to adulthood. Alongside this, more work goes into emotional development and the emotion of love. There is a clear focus on managing feelings in a positive way.

Autumn 1	<p><u>Core 1 Unit 5 Lesson 7: Staying Safe – I Don’t Know You:</u></p> <ul style="list-style-type: none"> • To know how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know
Spring 2	<p><u>Core 1 Unit 3 Lesson 1: Similarities and Differences – Boys V Girls:</u></p> <ul style="list-style-type: none"> • To identify and respect similarities and differences between boys and girls • To learn about the process of growing young to old <p><u>Core 1 Unit 3 Lesson 2: The Human Body – Body Bits:</u></p> <ul style="list-style-type: none"> • To learn the names of different parts of the body • To recognise similarities and differences based on gender • To recognise and respect similarities and differences between people <p><u>Core 1 Unit 3 Lesson 3: Growing Up – All Grown Up:</u></p> <ul style="list-style-type: none"> • To learn about the physical changes in their bodies as we grow • To understand emotional changes as they grow up <p><u>Core 1 Unit 3 Lesson 4: Changing Needs – I Need:</u></p> <ul style="list-style-type: none"> • To learn about how our needs change and grow as we develop • To recognise the simple physical changes to their bodies experienced since birth
Summer 2	<p><u>Core 1 Unit 3 Lesson 6: Emotions – Mood Swings:</u></p> <ul style="list-style-type: none"> • To learn about a range of different feelings and emotions • To recognise, name and manage their feelings in a positive way <p><u>Core 1 Unit 4 Lesson 3: Love – Three Little Words:</u></p> <ul style="list-style-type: none"> • To learn about the importance of love • To recognise, name and manage their feelings in a positive way

Year 3

A continued focus on positive relationships is planned for Year 3 and how to not only strengthen friendships but also to repair them when there are issues that arise. However, more work will be done on the importance of good relationships so children can understand why they need them. Specific work will be delivered on body changes again, especially focusing on simple aspects of puberty so they know how their bodies will begin to change physically (muscles, hair, growth).

Autumn 1	<p><u>Core 1 Unit 6 Lesson 1: E-Safety – Online Chat:</u></p> <ul style="list-style-type: none"> • To know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them
Autumn 2	<p><u>Core 2 Unit 5 Lesson 1: Friendship – Best Features:</u></p> <ul style="list-style-type: none"> • To know and understand the features of a good friend • To understand why it is important to be positive in relationships with others <p><u>Core 2 Unit 5 Lesson 2: Friendship – Circle Times:</u></p> <ul style="list-style-type: none"> • To know how to communicate their opinions In a group setting • To work co-operatively, showing fairness and consideration to others <p><u>Core 2 Unit 5 Lesson 3: Friendship – Falling Out:</u></p> <ul style="list-style-type: none"> • To know 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 • To know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) <p><u>Core 2 Unit 5 Lesson 4: Friendship – The BAFAs:</u></p> <ul style="list-style-type: none"> • Know and understand the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • To understand why it is important to be positive in relationships with others
Summer 1	<p><u>Core 1 Unit 7 Lesson 1: Before Puberty – You’ve Grown!:</u></p> <ul style="list-style-type: none"> • To understand that the rate at which we grow differs from person to person • To show awareness of changes that take place as they grow

Year 4

As the children are maturing, the programme begins to look in more depth at diversity and the importance of it. The issue of discrimination based on stereotypes is a clear focus with an aim to ensure children understand that there should be no limits on them. Work is developed from Year 3 in relation to how they react to situations and the importance of having views which are shared appropriately.

Autumn 1	<p><u>Core 3 Unit 3 Lesson 1: Gender Stereotypes – His and Hers:</u></p> <ul style="list-style-type: none"> • To know and understand the terms ‘discrimination’ and ‘stereotype’ • Challenge stereotypes relating to gender and work
Autumn 2	<p><u>Core 1 Unit 5 Lesson 5: Feelings – Overreacting:</u></p> <ul style="list-style-type: none"> • To know how to judge whether what they are feelings and how they are behaving is appropriate and proportionate
Spring 2	<p><u>Core 2 Unit 1 Lesson 3: Responding to Others – Agony Aunts:</u></p> <ul style="list-style-type: none"> • To talk about their views on issues that affect themselves and their class <p><u>Core 1 Unit 5 Lesson 4: Family Changes – Two Homes:</u></p> <ul style="list-style-type: none"> • To understand that family units can be different and can sometimes change
Summer 2	<p><u>Core 2 Unit 4 Lesson 2: Family Links – Family Tree:</u></p> <ul style="list-style-type: none"> • To know and understand how the make-up of family units can differ • To empathise with another viewpoint <p><u>Core 2 Unit 4 Lesson 4: Celebrate Diversity – Inside Outside:</u></p> <ul style="list-style-type: none"> • To understand the term ‘diversity’ and appreciate diversity within school • To recognise and challenge stereotyping and discrimination

Year 5

Further work is developed in relation to puberty as many children will be changing physically. The school nurse will be involved in delivering sessions about puberty. Where a school nurse comes in to provide a talk, parents will be informed beforehand with a synopsis of the programme so that they may be aware of the content covered. There is an increased focus on staying safe but also how to communicate safely in real relationships as well as on-line. There are clear messages about how children should and should not be touched in various contexts and what to do if they feel uncomfortable.

Autumn 1	<u>Core 2 Unit 4 Lesson 5: Online Relationships – A Risky Business</u> <ul style="list-style-type: none">• To know that the same principles apply to online relationships as to face-to-face relationships – respect even when anonymous• To be aware of risks associated with people they have never met before• To know that the internet can also be a negative place e.g. abuse, trolling, bullying, harassment – impact on mental health
Spring 1	<u>Core 1 Unit 1 Lesson 2: What’s Puberty?</u> <ul style="list-style-type: none">• To know about, recognise and understand changes that occur during puberty
Spring 2	<u>Core 2 Unit 1 Lesson 1: Confidentiality – Secret Info</u> <ul style="list-style-type: none">• To recognise that there are many different ways to communicate• To understand the need for confidentiality in certain situations
Summer 1	<u>Core 2 Unit 4 Lesson 1: Physical Contact – Touch Sensitive</u> <ul style="list-style-type: none">• To know about and understand the importance of touch in a range of contexts• To know the difference between appropriate and inappropriate touches

Year 6

In the last year of primary school, there is a greater ability to talk more maturely about a range of aspects. Children will spend time looking at how attitudes impact upon people within their community and the need for understanding that relationships are varied across society. There is a clear focus on positive relationships both online and in reality, but that these relationships can evolve as individuals grow. Within the summer term, there will be an emphasis on healthy and unhealthy relationships in order to support children to keep themselves and others safe now and in the future.

The school nurses will be involved in delivering talks of a more in-depth nature in relation to their bodies which may include greater references to sexual relationships. These talks are aimed at providing the support for children to prepare for secondary school and their teenage years. Where a school nurse comes in to provide a talk, parents will be informed beforehand with a synopsis of the programme in order that a choice can be made regarding their child's participation.

Autumn 2	<p><u>Core 2 Unit 3 Lesson 2: Gender Stereotypes – Jobs 4 All</u></p> <ul style="list-style-type: none"> • To learn about gender discrimination and its impact • To challenge stereotyping and discrimination
Spring 1	<p><u>Core 2 Unit 4 Lesson 3: Marriage – I Promise...</u></p> <ul style="list-style-type: none"> • To know marriage (and civil partnership) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong
Spring 2	<p><u>Core 2 Unit 4 Lesson 4: Mental Wellbeing – Mind Business</u></p> <ul style="list-style-type: none"> • To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing <p><u>Core 2 Unit 4 Lesson 2 Support and Care – Connections</u></p> <ul style="list-style-type: none"> • To know that relationships can change as a result of growing up
Summer 2	<p style="text-align: center;">Additional Units for Summer 2 – Sex and Relationships Unit</p> <p><u>Lesson 1 – Forming Relationships – Changing Faces</u></p> <ul style="list-style-type: none"> • To Knowhow and understand why close relationships are formed, especially during adolescence • To Understand why friendship is important in the establishment of close relationships <p><u>Lesson 2 – Healthy Relationships – It must be love</u></p> <ul style="list-style-type: none"> • Understand why friendship is important in the establishment of close relationships • Know the features of a healthy relationship <p><u>Lesson 3 – Unhealthy Relationships – Jeremy Smile</u></p> <ul style="list-style-type: none"> • Understand what an unhealthy relationship is <p><u>Lesson 4 – Gender Issues Relationships – Trans: Across</u></p> <ul style="list-style-type: none"> • Know about gender identities and have an awareness of transgender issues