

RSE Curriculum

	Families and people who care for me	Caring friendships	Respectful relationships	Online relationships / Internet safety and harms	Being safe	My body /Changing adolescent body	Mental wellbeing	Physical health and fitness	Healthy Eating	Drugs, alcohol and tobacco	Health and prevention	Basic first aid
YR	What makes a family	Similarities and differences	Likes, dislikes and decisions	Watching videos online	Why are 'private parts' private?	What are the parts of the human body?	Describing and managing feelings		Be sugar smart!		Handwashing and hygiene	What is first aid?
Y1	What makes a family special	Falling out and making up	Celebrating differences	Sharing pictures	Asking for help	What are the 'private parts' called?	Understanding feelings and behaviours	Physical activity is fun!			Keeping our teeth healthy	Stay safe
Y2	Families come in different shapes and sizes!	When to share a secret	I am special!	Online 'friends' aren't always nice!	My body belongs to me	Growing up	Bullying is wrong		Be food smart!		Bad bacteria! Protecting and preventing	Emergency action
Y3	How families care for one another	Falling out and making up	Stereotypes stink!	Sharing secrets	My body, my right	Growing up and my amazing body	Happy to be me!	Physical activity is fun!		Peer pressure pranks!	Be a sun safe superstar!	What is first aid?
Y4	Love and marriage	Peer pressure	Respecting different identities	Play, Like, Share	Public or private? To touch or not to touch?	Puberty predictions	Emotional responses		Be food smart!	Resisting peer pressure	Keeping my body clean and healthy	Stay safe
Y5	Young carers	Fun friendships	Stamp out stereotypes!	Sharing information	Online conundrums!	Puberty and menstrual wellbeing	The emotional rollercoaster of puberty!	Doing a daily mile/ walk, bike, scoot to school		Informed choices	The sleep factor	Emergency action
Y6	Running away is never OK	FGM - the role of a friend in helping	Stamp out stereotypes!	Media messages and me	When and how to get help	How a baby is conceived and born	Managing challenges and change		Be a food detective!	The law	STIs and catching condoms!	Help save lives!