



## Relationships & Health Education

SUBJECT NARRATIVE (Jan'23-updated)

(ref: RSE & Health Education statutory guidance– DfE June'19)

Relationships Education	Educator Solutions	
Physical Health	twinkl	
Mental Wellbeing	twinkl	

### Key Stage 1: Year 1/2 (Cycle A)

Topic: Aiming High (inc ZOR)

**Key Themes:** What makes you special?, positive attitudes, aspirations, my skills, going for goals, dealing with change and loss

Topic: Safety First

**Key Themes:** Safety rules, people who look after us, staying safe outside, stranger danger, safe secrets and surprises

Topic: Think Positive

**Key Themes:** Think happy feel happy, healthy choices, managing big feelings, calming down, being thankful, being mindful

Topic: Diverse Britain (inc British Values)

**Key Themes:** My school, my community, my neighbourhood, my country, British people, what makes me proud of Britain?

Topic: It's My Body\*

**Key Themes:** Active and asleep, happy healthy food, medicines, dentist, hygiene, safety in the home, making safe choices

Topic: RSE (Y1) (inc 'PANTS')

**Key Themes:** Recognising feelings, naming main body parts, listening to others, resolving arguments, respecting differences, diseases, asking for help.

### Key Stage 1: Year 1/2 (Cycle B)

Topic: Be Yourself (inc ZOR)

**Key Themes:** What makes you unique?, recognising different feelings, things I like, uncomfortable feelings, managing change and bereavement, speaking up

Topic: One World

**Key Themes:** Different families, Caring for others, homes, school community, looking after the environment, being careful with resources, planet protectors

Topic: VIPS

**Key Themes:** People who keep us safe, friendships, falling out and making up, thinking about others feelings, working together, showing you care

Topic: Money Matters

**Key Themes:** What is money?, Where does money come from? Looking after money, saving and spending, wanting or needing?

Topic: Healthy Eating #

**Key Themes:** What does a healthy diet look like? Why is it beneficial? Being active. Know that sleep is important– and its effects. Teeth cleaning routines.

Topic: RSE (Y2) (inc 'PANTS')

**Key Themes:** Setting personal goals, recognise how grow and change, teasing and bullying, unique families, unacceptable and acceptable physical contact, secrets.

### Lower Key Stage 2: Year 3/4 (Cycle A)

Topic: TEAM (inc ZOR)

**Key Themes:** A new start, together everyone achieves more, working together, being considerate, when things go wrong, responsibilities

Topic: Aiming High

**Key Themes:** Positive achievements, personal strengths and setting goals, always learning, jobs and skills, challenging stereotypes, when I grow up

Topic: Be Yourself \*

**Key Themes:** Expressing feelings, expressing yourself, know your mind, media wise, making it right

Topic: It's My Body\*

**Key Themes:** Balanced healthy lifestyles, healthy sleep and habits, bacteria, viruses and medicines, drugs– healing or harmful

Topic: Diverse Britain (inc British Values)

**Key Themes:** Living in the British Isles, democracy, rules laws and responsibilities, liberty, tolerance and respect, what does it mean to be British?

Topic: RSE (Y3) (inc 'PANTS')

**Key Themes:** Aspirations and setting goals, caring for ourselves, changes, forming positive relationships, gender stereotypes, unwanted touch, wrong confidences

### Lower Key Stage 2: Year 3/4 (Cycle B)

Topic: VIPS (inc ZOR)

**Key Themes:** Family and friends, fabulous friends–strategies and values, is this a good relationship?, falling out, bullying, stand up to bullying

Topic: Safety First

**Key Themes:** Risks hazards and dangers inc fire, under pressure, safety outdoors–road, rail, water and fireworks, dangerous substances, emergencies

Topic: Think Positive

**Key Themes:** Happy minds happy people, thoughts and feelings, managing transitions, keeping calm, healthy lifestyle choices, always learning

Topic: Money Matters

**Key Themes:** Where does money come from?, Ways to pay, reasons to borrow, spending decisions, advertising, keeping track

Topic: Digital Wellbeing

**Key Themes:** The digital world, digital kindness, do I know you?, online information, keep it private, my digital wellness

Topic: RSE (Y4) (inc 'PANTS')

**Key Themes:** Changing emotions, body changes, acceptable and unacceptable physical behaviours, family and personal identity, marriage, asking for help.

### Upper Key Stage 2: Year 5/6 (Cycle A)

Topic: TEAM (inc ZOR)

**Key Themes:** Together everyone achieves more, communication, compromise and collaboration, dealing with change, unkind behaviour, shared responsibilities

Topic: One World

**Key Themes:** Global citizens, global warming, energy, water, biodiversity, in our hands

Topic: Think Positive

**Key Themes:** The cognitive triangle, thoughts are not facts, face your feelings, choices and consequences, being present, yes I can!

Topic: It's My Body\*

**Key Themes:** Exercise right–sleep tight, taking care of our bodies, harmful substances, stereotypes, healthy choices

Topic: Aiming High

**Key Themes:** You can achieve anything, breaking down barriers, future focus, equal opportunities, the world of work, onwards and upwards

Topic: RSE (Y5) (inc 'PANTS')

**Key Themes:** Puberty and emotions, body changes, healthy relationships, correct terminology, unacceptable homophobic language, asking for help, online dangers.

### Upper Key Stage 2: Year 5/6 (Cycle B)

Topic: VIPS (inc ZOR)

**Key Themes:** People we love, think before you act, it's OK to disagree, you decide, secrets, false friends

Topic: Safety First

**Key Themes:** You are responsible, what are the risks? Hazards in the home, peer pressure, in an emergency, home safe and sound, outdoors playing it safe

Topic: Be Yourself

**Key Themes:** You are unique, dealing with change–let it out, healthy friendships, uncomfortable feelings, the confidence trick, do the right thing, making amends

Topic: Money Matters

**Key Themes:** Look after it, critical consumers, value for money and ethical spending, budgeting, money and emotional wellbeing

Topic: Digital Wellbeing

**Key Themes:** My digital life, staying safe and healthy online, online relationships, social media, saying no to online bullying, fake news

Topic: RSE (Y6) (inc 'PANTS')

**Key Themes:** Reproduction, discrimination and prejudiced based language, cultural practices against law, asking for help.

### We believe these skills are important for life because:

- We want children to become confident and self-reliant citizens, able to make a positive contribution to society and support others.
- We want children to be able to recognise dangers around them and to be able to manage those situations safely.
- We want children to have the skills to develop positive and healthy relationships with others, and to make positive lifestyle choices to promote good health.
- We want children to have a clear understanding of the biological changes through puberty, and be equipped to make informed decisions into adulthood.