

Relationships Education Coverage

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR	<p><u>Respectful Relationships:</u> The conventions of courtesy and manners.</p> <p><u>Caring Friendships:</u> How important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p><u>Respect for Self and Others and the Importance of Responsible Behaviours and Actions</u> how they can contribute to the life of the classroom and school</p>	<p><u>Health and prevention</u> About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing.</p> <p><u>Physical Health and Fitness</u> The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.</p> <p><u>Healthy Eating</u> What constitutes a healthy diet.</p>	<p><u>Families and People that Care for Me:</u> That families are important when growing up because they can give love, security and stability.</p> <p><u>Being Safe:</u> That it is not always right to keep secrets if they relate to being safe. How to recognise and report feelings of being unsafe or feeling bad about any adult.</p>	<p><u>Mental Wellbeing</u> That there is a normal range of emotions, e.g. happiness, sadness, anger, fear, surprise and nervousness. That mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p><u>Rights and Responsibilities as Members of Families, other groups and ultimately as Citizens / respect diversity and equality and how to be a productive member of a diverse community</u> that people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed) that they belong to different groups and</p>	<p><u>Online Relationships:</u> The rules and principles for keeping safe online</p> <p><u>Internet Safety and Harms</u> That for most people, the internet is an integral part of life and has many benefits.</p>	<p><u>Basic first aid</u> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p> <p>about the 'special people' who work in their community and who are responsible for looking after them and protecting them; how people contact those special people when they need their help, including dialling 999 in an emergency.</p>

				communities such as family and school		
Y1	<p><u>Respect for Self and Others and the Importance of Responsible Behaviours and Actions</u> how they can contribute to the life of the classroom and school to help construct, and agree to follow, group, class and school rules and to understand how these rules help them</p> <p><u>Rights and Responsibilities as Members of Families, other groups and ultimately as Citizens / respect diversity and equality and how to be a productive member of a diverse community</u> that people and other living things have rights and that everyone has responsibilities to protect those rights (including protecting</p>	<p><u>Health and prevention</u> About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing. The facts and science relating to immunisation and vaccination.</p> <p><u>Respectful Relationships:</u> The importance of self-respect and how this links to their own happiness (if we can't treat ourselves well, how can we treat others well?)</p> <p><u>Caring Friendships:</u> The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences, and support with problems and difficulties.</p>	<p><u>Being Safe:</u> How to ask for advice or help for themselves and others, and to keep trying until they are heard. Where to seek advice, for example, from their family, their school and other sources.</p> <p><u>Mental Wellbeing</u> That mental wellbeing is a normal part of daily life, in the same way as physical health. The scale of emotions that humans experience in response to different experiences and situations. How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	<p><u>Online Relationships:</u> The rules and principles for keeping safe online That people sometimes behave differently online, including pretending to be someone they are not.</p> <p><u>Internet Safety and Harms</u> About the benefits of rationing time spent online. The risks of excessive time spent on electronic devices.</p>	<p><u>Basic first aid</u> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p>	<p><u>Healthy Eating</u> What constitutes a healthy diet, including an understanding of calories and other nutritional content.</p> <p><u>Physical Health and Fitness</u> The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.</p>

	<p>others' bodies and feelings; being able to take turns, share and understand the need to return things that have been borrowed) that they belong to different groups and communities such as family and school</p> <p><u>Families and People who Care for Me:</u> The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p>					
Y2	<p><u>Caring Friendships:</u> How to judge when a friendship is making them feel unhappy or uncomfortable.</p> <p><u>Respectful Relationships:</u></p>	<p><u>Mental Wellbeing</u> How to judge whether what they are feeling and how they are behaving are appropriate and proportionate.</p>	<p><u>Being Safe:</u> That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p>	<p><u>Health and prevention</u> About personal hygiene and germs, including bacteria and viruses, how they are spread and treated, and the importance of hand washing.</p>	<p><u>The Importance of Respecting and Protecting the Environment</u> what improves and harms their local, natural and built environments and develop strategies and</p>	<p><u>Physical Health and Fitness</u> The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise</p>

	<p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), make different choices, or have different preferences or beliefs.</p> <p><u>Respect Diversity and Equality and how to be a Productive Member of a Diverse Community</u> ways in which they are all unique; understand that there has never been and will never be another 'them' ways in which we are the same as all other people; what we have in common with everyone else</p>	<p><u>Families and People who Care for Me:</u> That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p><u>Money</u> that money comes from different sources and can be used for different purposes, including the concepts of spending and saving about the role money plays in their lives including how to keep it safe, choices about spending or saving money and what influences those choices</p>	<p>Where to seek advice, for example, from their family, their school and other sources.</p> <p><u>Online Relationships:</u> The rules and principles for keeping safe online How to recognise harmful content and contact online, and how to report these.</p> <p><u>Internet Safety and Harms</u> The impact of positive and negative content online on their own and others' mental and physical wellbeing.</p>	<p>The facts and science relating to immunisation and vaccination. How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body.</p>	<p>skills needed to care for these (including conserving energy)</p> <p><u>Basic first aid</u> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p>	<p>into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise.</p> <p><u>Healthy Eating</u> The principles of planning and preparing a range of healthy meals.</p>
Y3	<p><u>Respectful Relationships:</u> That in school and wider society they can expect to be treated with respect</p>	<p><u>Money:</u> what is meant by enterprise and begin to develop enterprise skills</p> <p><u>Caring Friendships:</u></p>	<p><u>Online Relationships:</u> The rules and principles for keeping safe online The risks associated with people they have never met.</p>	<p><u>Physical Health and Fitness</u> The characteristics and mental and physical benefits of an active lifestyle.</p>	<p><u>Healthy Eating</u> What constitutes a healthy diet, including an understanding of calories and other nutritional content.</p>	<p><u>Families and People who Care for Me:</u> That others' families, either in school or in the wider world, sometimes look different from their</p>

<p>by others, and that in turn they should show due respect to others, including those in positions of authority.</p> <p><u>Rights and Responsibilities:</u> why and how rules and laws that protect them and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules to understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child that these universal rights are there to protect everyone and have primacy both over national law and family and</p>	<p>That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p>	<p><u>Internet Safety and Harms</u> How to consider the effect of their online actions on others. How to recognise and display respectful behaviour online.</p> <p><u>Being Safe:</u> How to respond safely and appropriately to adults they may encounter, including online, who they do not know.</p>	<p>The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle, including obesity. How and when to seek support, including which adults to speak to in school, if they are worried about their health.</p> <p><u>Mental Wellbeing</u> The benefits of physical exercise, time outdoors, community participation, and voluntary and service-based activity on mental wellbeing and happiness. Simple self-care techniques, including the importance of rest, time spent with friends and family, and the benefits of hobbies and interests.</p>	<p>The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating, including obesity,</p> <p><u>Health and prevention</u> About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p>	<p>family, but that they should respect those differences and know that other children’s families are also characterised by love and care- communicate well with Year 2 and broaden the range of family units explored.</p> <p><u>Basic first aid</u> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p>
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	<p>community practices that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; to continue to develop the skills to exercise these responsibilities</p>					
<p>Y4</p>	<p><u>Caring Friendships:</u> That most friendships have ups and downs, but that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.</p> <p><u>Respect for Self and Others and the Importance of Responsible Behaviours and Actions</u> to realise the consequences of anti-social, aggressive and harmful behaviours</p>	<p><u>Money:</u> what is meant by enterprise and begin to develop enterprise skills</p> <p><u>Respectful Relationships:</u> Which practical steps they can take in a range of different contexts to improve or support respectful relationships. About the different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying to an adult, and how to seek help.</p> <p><u>Online Relationships:</u> The rules and principles for keeping safe online</p>	<p><u>Physical Health and Fitness</u> The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle, including obesity. How and when to seek support, including which adults to speak to in school, if they are worried about their</p>	<p><u>Being Safe:</u> What sorts of boundaries are appropriate in friendships with peers and others – including in a digital context.</p> <p><u>Mental Wellbeing</u> How isolation and loneliness can affect children, and that it is very important they seek support and discuss their feelings with an adult. That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</p>	<p><u>Families and People who Care for Me:</u> That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up.</p> <p><u>Health and prevention</u> About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p>	<p><u>Basic first aid</u> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p> <p><u>Healthy Eating</u> What constitutes a healthy diet, including an understanding of calories and other nutritional content. The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g.</p>

	<p>such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices what being part of a community means, and about the varied institutions that support communities locally and nationally to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing</p>	<p>That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online, even when we are anonymous.</p> <p><u>Internet Safety and Harms</u> The importance of keeping personal information private. Why some social media, some computer games and online gaming are age-restricted.</p>	health.			the impact of alcohol on health.
Y5	<p><u>Caring Friendships:</u> How to recognise who to trust and who not to trust. How to manage</p>	<p><u>Money:</u> about the role money plays in their own and others' lives, including how to manage their</p>	<p><u>Internet Safety and Harms</u> That the internet can also be a negative place where online abuse,</p>	<p><u>Families and People who Care for Me:</u> That marriage represents a formal and legally recognised commitment</p>	<p><u>Healthy Eating</u> What constitutes a healthy diet, including an understanding of calories and other nutritional</p>	<p><u>Physical Health and Fitness</u> The characteristics and mental and physical benefits of an active</p>

<p>conflict.</p> <p><u>Online Relationships:</u> The rules and principles for keeping safe online How to critically consider their online friendships and sources of information.</p> <p><u>Equality and Diversity</u> to appreciate the range of national, regional, religious and ethnic identities in the United Kingdom to consider the lives of people living in other places, and people with different values and customs to explore and critique how the media present information</p> <p><u>Health and prevention</u> The importance of sufficient good-quality sleep for good health, and that a lack of sleep</p>	<p>money and about being a critical consumer</p>	<p>trolling, bullying and harassment can take place, which can have a negative impact on mental health.</p> <p><u>Mental Wellbeing</u> Where and how to seek support (including recognising the triggers for seeking support), extending to who in school they should speak to if they are worried about themselves or others.</p> <p><u>Respectful Relationships:</u> What a stereotype is, and how they can be unfair, negative or destructive.</p>	<p>of two people to each other which is intended to be lifelong.</p> <p><u>Being Safe:</u> How to report concerns or abuse, and the vocabulary and confidence needed to do so.</p>	<p>content. The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health.</p>	<p>lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle, including obesity. How and when to seek support, including which adults to speak to in school, if they are worried about their health.</p> <p><u>Drugs, Alcohol and Tobacco</u> The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p> <p><u>Changing Adolescent Body</u> Key facts about puberty and the changing</p>
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	can affect weight, mood and ability to learn.					<p>adolescent body, including physical and emotional changes. About menstrual wellbeing and key facts relating to the menstrual cycle.</p> <p><u>Basic first aid</u> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p>
Y6	<p><u>Caring Friendships:</u> How to manage different situations and how to seek help from others if needed.</p> <p><u>Respectful Relationships:</u> The importance of permission-seeking and giving in relationships with friends, peers and adults.</p>	<p><u>Equality and Diversity</u> to critically examine what is presented to them in social media and why it is important to do so; understand how information contained in social media can misrepresent or mislead; the importance of being careful what they forward to others</p> <p><u>Online Relationships:</u> The rules and principles for keeping safe online How information and data is shared and used online.</p>	<p><u>Internet Safety and Harms</u> How to be a discerning consumer of information online, including understanding that information, inclusive of that from search engines, is ranked, selected and targeted.</p> <p><u>Mental Wellbeing</u> That it is common to experience mental ill health and, for the many people who do, the problems can be resolved if the right support is made</p>	<p><u>Physical Health and Fitness</u> The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this, for example by walking or cycling to school, a daily active mile, or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle, including obesity. How and when to seek support, including which</p>	<p><u>Health and prevention</u> The importance of sufficient good-quality sleep for good health, and that a lack of sleep can affect weight, mood and ability to learn.</p> <p><u>Changing Adolescent Body</u> Key facts about puberty and the changing adolescent body, including physical and emotional changes. About menstrual wellbeing and key facts relating to the menstrual cycle.</p>	<p><u>Basic first aid</u> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.</p> <p><u>Families and People who Care for Me:</u> How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p>

		<p><u>Being Safe:</u> The concept of privacy and the implications of it for both children and adults.</p> <p><u>Money:</u> to develop an initial understanding of the concepts of ‘interest’, ‘loan’, ‘debt’, and ‘tax’ (e.g. their contribution to society through the payment of VAT) that resources can be allocated in different ways and that these economic choices affect individuals, communities and the sustainability of the environment across the world</p>	<p>available, especially if accessed early enough.</p>	<p>adults to speak to in school, if they are worried about their health.</p> <p><u>Healthy Eating</u> What constitutes a healthy diet, including an understanding of calories and other nutritional content. The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating, including obesity, and other behaviours, e.g. the impact of alcohol on health.</p>	<p><u>Drugs, Alcohol and Tobacco</u> The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.</p>	<p><u>Rights and Responsibilities</u> to know that there are some cultural practices which are against British law and universal human rights, such as female genital mutilation (FGM)</p>
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Please also refer to:

- Ethos, vision and values
- After school clubs programme
- Links with LTPs.
- Website galleries
- School Newspaper
- Knowledge Maps
- Sex Ed progression map