

## West Borough Primary School – Relationship and Health Education Termly Overview

### Nursery

Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
Feelings Being kind Responsibility	How I am different Different homes/ families Kindness (link to anti-bullying week)	Know what 'challenge' means Setting and working towards a goal Future jobs	Name parts of the body What it means to be healthy: food, hand hygiene, sleep Stranger danger	Families Friendships and maintaining friendships	Understand the a baby grows into a child who grows into an adult Transition to school

### Reception

Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
Belonging to our school Similarities and differences Kindness Rights and responsibilities	Different strengths Differences between people Why my home is special to me Kindness between friendships (anti bullying week)	Perseverance Setting goals Encouraging others What job I might like to do when I am older Pride in my achievements	Importance of exercise Healthy foods Healthy sleep habits Hand hygiene Stranger danger	Jobs in my family Solving friendship problems Managing feelings	Name parts of the body Understand that we change physically over time Transition from Year R to Year 1.

### Year One

Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
Being part of my class Creating a learning charter Rights and responsibilities Choices and consequences	Similarities and differences in the class Making friends Bullying	Setting and achieving goals Working together Overcoming barriers Celebrating success	Making healthy lifestyle choices Germs/diseases Medicines Road safety	Diverse families Being a good friend Qualities of a good friend Appropriate ways to greet a friend, including physical contact e.g. hug, handshake etc.	Life cycles Changes I have made in my life The differences between girls and boys bodies and correct terminology (penis, testicles, vagina, vulva, anus)

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### Year Two

Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
Hopes and fears for Y2 Rights and responsibilities Listen to and contribute to discussion Choices and consequences	Stereotypes Bullying Right and wrong Celebrating differences	Setting realistic goals Persevering Recognising my own strengths Working with others Sharing success	Keeping healthy Relaxation Medicines Healthy snacks Food as energy	My place in my family Acceptable physical contact Conflict within friendships Secrets Appreciating people	Understanding reasons for change Life cycles Becoming more independent Understanding private parts of the body are private (see Y1 for terminology) Appropriate physical contact Transition

### Year Three

Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
Recognising my worth Challenges and goals Rules Responsibilities and choices Different points of view	Diverse families Conflict within families Bullying to include: witnesses/ bystanders, hurtful language including homophobic language. Consequences of our word choices	Overcoming adversity Dreams and ambitions New challenges Motivation and obstacles	Exercise and the impact it has on the body Calories, sugar and fat intake The difference between drugs and medicines. Keeping safe Looking after my body	Family roles (gender stereotypes) Friendships Safety online Children's right Appreciating our families	Human changes Understand a baby grows in its mother's uterus Understand how boys and girls bodies grow so that eventually they can make babies Stereotypes about parenting and challenging these Transition

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Year Four					
Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
How my attitude can make a difference in a team School community and School Learning Council Empathy Democracy	Accepting others Bullying Problem solving My unique appearance	Hopes and dreams Managing disappointment Resilience and a positive attitude Group challenge Share successes	Valuing friendships Leaders and followers Smoking and alcohol Peer pressure Right and wrong	Jealousy People who are special to me- love and appreciation Recognising how friendships can change People who we no longer see (due to moving away, death, falling out etc) Understand that having a boy/girlfriend is a special relationship (at an appropriate age)	Being unique Know the reproductive parts of the body Puberty including menstruation Fears and concerns Transition

Year Five					
Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
New challenges Rights and responsibilities as a citizen of a school and country Consequences of my behaviour Democracy	Cultural differences Racism Rumour spreading and bullying Comparing our lives to other countries in the developing world	Understanding the need to have a wage Motivation Comparing cultural dreams and aspirations Similarities and differences between cultures.	Risks of smoking Risks of misusing alcohol including anti-social behaviour Emergency aid Body image and the media Food and eating disorders Being happy and healthy	Understanding my own characteristics Pros and cons of an online community Rights and responsibilities online including gaming My relationship with technology	My own self-esteem Puberty-girls and boys Know that sexual intercourse can lead to conception Know that sometimes people need IVF to have a baby Know that going through puberty brings responsibility- age of consent Transition

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**Year Six**

Term 1- Being me	Term 2- Celebrating diversity	Term 3- Dreams and goals	Term 4- Healthy me	Term 5- Relationships	Term 6- Changing me
Goals and fears for the future Universal rights for children- and looking at communities where this might not happen Learning charter-working in a group and democracy	Empathising with people who are different Power struggles Bullying-why it might happen Appreciating differences including disabilities	Learning strengths and realistic goals Steps towards goals Global issues and empathising with these Giving praise and receiving compliments	Being responsible for my own health and wellbeing Effects of drugs Exploitation Gangs Mental health Managing stress/pressure	Taking care of my own mental health Grief Power and control Being safe online- Real vs Fake Using technology appropriately	Body image Puberty- looking after myself Conception to birth Girl and boyfriends-being respectful and appropriate Real self and ideal self The year ahead