

RSHE Curriculum

An effective RSHE Curriculum teaches the information, language, emotional literacy and character skills to raise awareness. All pupils have a right to receive inclusive and relevant RSHE that meets their needs, taught through accessible resources and non-judgemental approaches.

The resources that we use have been written to meet the needs of ALL pupils, irrespective of their academic abilities, personal beliefs or lived experiences. It meets National Legislation and guidance requirements. It provides pupils with the opportunity to develop their understanding of RSE in line with their age development.

Our RSHE Curriculum involves acquiring information, developing skills and forming positive beliefs, values and attributes. It teaches non-biased, accurate and factual information.

What is covered?

Reception

There are 6 lessons.

My Feelings – Pupils identify a range of different feelings and how these are expressed. They develop simple strategies for managing feelings.

My Body – Pupils learn about the importance of basic personal hygiene and understand how to maintain basic personal hygiene.

My Relationships – Pupils learn about similarities and differences between people and celebrate this (e.g. interests, what we look like ...).

My Beliefs – Pupils learn about things they like and dislike and about making real, informed choices.

My Rights and Responsibilities – Pupils learn about the concept of privacy and how we all have a right to keep things private.

(Pupils aware that their bodies are private to them and they have the right to choose who can see and touch their bodies – intimate care).

Asking for Help – Pupils identify special people in their lives and what makes them special.

Year 1

There are 6 lessons.

My Feelings – Pupils communicate about feelings, recognise how others show feelings and know how to respond.

My Body – Pupils correctly name the main body parts of the body, including external genitalia using scientific terms (penis, vulva).

My Relationships – Pupils learn about the importance of listening to other people, playing and working cooperatively.

My Beliefs – Pupils identify and respect differences and similarities between people and celebrate this.

My Rights and Responsibilities – Pupils learn about diseases and that they have the right to be protected from diseases.

Asking for Help – Pupils learn about the people who look after them and how to attract their attention if needed.

Year 2

There are 6 lessons.

My Feelings – Pupils can recognise and celebrate their strengths and achievements and set simple but challenging goals.

My Body – Pupils recognise how they grow and will change as they become older

(How a baby grows, how they have grown and change).

My Relationships – Pupils learn about different types of teasing and bullying and understand that these are wrong and unacceptable.

My Beliefs – Pupils learn about ways in which people and families are unique.

My Rights and Responsibilities – Pupils can judge what kind of physical contact is acceptable, comfortable and uncomfortable.

(Personal space and privacy).

Asking for Help – Pupils learn about the difference between secrets and surprises and the importance of not keeping a secret that makes them feel uncomfortable.
