

RHSE Long Term Plan - Curriculum Map

Consent unit

No Outsiders

AREP

CWP (RSE units)

Talking points

AREP - Anti Racism Education

RSE units - Relationship, Sex Education

Year group/ Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key events linked to RHSE	Black History Month	Anti Bullying Week Nov	Children's Mental Health Week - Feb Online safety day			Child safety week - June.
F2	Consent Unit No Outsiders 0.3 To say hello 0.4 To make a new friend		No Outsiders 0.1 To choose what I like 0.2 It's OK to like different things		No Outsiders 0.5 To talk about different families. 0.6 To think about the brills I've got	

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Y1	Consent Unit No Outsiders 1.1 To like the way I am 1.2 To like myself TP x3	AREP x 6 To recognise what makes me special To know how I am the same and different to others. To know I am unique and special. To recognise ways we are	No Outsiders 1.3 To join in 1.4 To ask for help.	TP x 6 1. Who is my family? 2. Who are my important people? 10. What does worry feel like? 13. When should I wash my hands?	No Outsiders 1.5 To make you feel welcome 1.6 To work together. TP x 3	CWP x 3 To understand we are all different. To discuss how children grow and change. To explore different types of families. TP x 3 6. Why do we have rules?

3. What makes a person?
4. What makes me happy?
5. What does sad feel like?

the same and different to others.

To know about how people have different skin colours. (x2).

TP x3
7. Is it kind or unkind?
8. Is teasing ever OK?
9. What should I do if I don't like it?

11. How do I keep safe?
12. What should I do in an emergency?

16. What did I need as a baby?
17. How can I be more grown up?
14. Why are teeth important?

18. Do I have to be the best?
19. What are big dreams?

Year group/ Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key events linked to RHSE	Black History Month	Anti Bullying Week Nov	Children's Mental Health Week - Feb Online safety day TP 17. Am I safe online?			Child safety week - June.
Y2	<p>Consent Unit</p> <p>No Outsiders</p> <p>2.1 To welcome different people.</p> <p>2.2 To know I can be what I want to be.</p> <p>TPx3</p> <p>1. Why should I exercise?</p> <p>2. What if I don't like vegetables?</p> <p>4. Can I stop myself getting ill?</p>	<p>AREP x 6</p> <p>To know hurtful behaviour is not acceptable.</p> <p>How to be an upstander.</p> <p>To know the importance of telling a trusted adult.</p> <p>To understand about melanin in skin.</p> <p>To know what racism is.</p> <p>To know deliberately excluding others is not acceptable. X2</p>	<p>No Outsiders</p> <p>2.3 To think about what makes a good friend</p> <p>2.4 To have self-confidence</p> <p>TP x2</p> <p>5. What does angry feel like?</p> <p>6. How do I make you feel?</p>	<p>TP x 6</p> <p>7. Is it right or wrong?</p> <p>8. How can I compromise?</p> <p>9. what are rights and responsibilities?</p> <p>10. How do I contribute?</p> <p>11. How can I save our planet?</p>	<p>No Outsiders</p> <p>2.5 To know all families look different</p> <p>2.6 To know I fit in.</p> <p>TP x 3</p> <p>15. Who can I trust?</p> <p>16. Should I keep a secret?</p> <p>12. Where could my money come from?</p>	<p>CWP x 3</p> <p>To introduce the concept of gender stereotypes.</p> <p>To identify difference between males and females.</p> <p>To focus on sexual difference and name body parts.</p> <p>TP x 3</p> <p>13. Do I know my body?</p> <p>14. What does private really mean?</p> <p>18. What should I aim for?</p>

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Y3	<p>Consent Unit</p> <p>No Outsiders</p> <p>3.1 To understand what discrimination means.</p> <p>3.2 To understand what a bystander is.</p> <p>TP x 3</p> <p>How can we be different? What's a community? What are my rights and responsibilities?</p>	<p>AREP x 6</p> <p>To recognise individuality and personal qualities.</p> <p>To know about personal identity.</p> <p>How to stand up to racism.</p> <p>To know about our skin and racism and how to stand up to racism.</p> <p>X2</p> <p>To know about discrimination, what it means and how to challenge it.</p>	<p>No Outsiders</p> <p>3.3 To recognise a stereo type</p> <p>3.4 To show respect.</p> <p>TP x 2</p> <p>Who else lives in my region? Who else lives in the UK?</p>	<p>TP x 6</p> <p>How do I raise my concerns?</p> <p>Who can help me be safe?</p> <p>What is restorative justice?</p> <p>What is a balanced lifestyle?</p> <p>What is Health and Safety?</p> <p>How does smoking damage my health?</p>	<p>No Outsiders</p> <p>3.5 To show welcoming behaviour</p> <p>3.6 To find common ground</p> <p>TP x 3</p> <p>What are my relationship rights and responsibilities?</p> <p>What happens if I break a rule?</p> <p>Why should I tell the truth?</p>	<p>CWP x 3</p> <p>To identify that people are unique and to respect those differences. Name male and female body parts using agreed words. To consider appropriate and inappropriate physical contact consent. To consider different types of families and who to go to for support</p> <p>TP x 3</p> <p>What does honesty really mean?</p> <p>What do I do when my friend is sad?</p> <p>Who do my actions affect?</p>

Year group/ Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2				
Key events linked to RHSE	Black History Month	Anti Bullying Week Nov	Children's Mental Health Week - Feb Online safety day TP 6 How do I stay safe online? TP 7 Am I safe on my mobile phone?			Child safety week - June.				
Y4	Consent Unit TP 10 Is it OK to hug?	AREP x 6 To recognise the importance of self-respect. To recognise that everyone, should expect to be treated politely and with respect by others no matter what their skin colour. To know about diversity: what it means and the benefits of living in a diverse community To know about strategies to respond to hurtful behaviour experienced or witnessed x2. To summarise our AREP learning.	No Outsiders 4.2 To look after my mental health 4.3 To be proud of who I am.	TP x 6 5. Am I at risk? 15. What does it mean to be anti-social? 4. How do I do emergency first aid? 9. Should I own up?	No Outsiders 4.5 To understand how families change 4.6 To consider how my language affects others.	CWP x 4 To explore the human lifecycle. To identify some basic facts about puberty. To explore how puberty is linked to reproduction. To explore respect in relationships. To discuss healthy relationships.				
	No Outsiders 4.1 To help someone be who they are. 4.4 To speak up.									
	TPx3 1. What's that feeling I have? 2. What do I do when my friend is cross? 3. How do I compromise?							TP x2 8. What can I do about negative thoughts? 13. What worries me		TP x 3 16. How do I support my community? 17. What's a volunteer?

			in the world?		18. Can I volunteer others?	
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Key events linked to RHSE	Black History Month	Anti Bullying Week Nov	Children's Mental Health Week - Feb Online safety day			Child safety week - June.
Y5	<p data-bbox="255 392 515 475">Consent Lesson</p> <p data-bbox="255 478 515 799">No Outsiders 5.1 To explore friendship 5.2 To check in with people.</p> <p data-bbox="255 1485 515 1532">TP x 3</p>	<p data-bbox="533 392 936 427">AREP x 6</p> <p data-bbox="555 448 920 639">To know about respecting the differences and similarities between people.</p> <p data-bbox="555 660 904 772">To know about racism and what it means.</p> <p data-bbox="555 799 913 1059">To know about stereotypes and how I can positively influence behaviours and attitudes towards others.</p> <p data-bbox="555 1086 875 1235">To know about strategies for challenging stereotypes</p> <p data-bbox="555 1262 869 1374">To know about what living in a community means.</p> <p data-bbox="555 1401 875 1469">To summarise our AREP learning.</p>	<p data-bbox="954 392 1234 427">No Outsiders</p> <p data-bbox="954 432 1227 580">5.3 To exchange dialogue and express opinion.</p> <p data-bbox="954 628 1189 777">5.4 Consider responses to racist behaviour.</p>	<p data-bbox="1254 480 1464 564">The Great Project</p>	<p data-bbox="1554 392 1850 427">No Outsiders</p> <p data-bbox="1554 432 1850 501">5.5 To find self-acceptance.</p> <p data-bbox="1554 549 1850 660">5.6 To try not to judge by appearance</p> <p data-bbox="1554 1426 1850 1461">TP x 4</p>	<p data-bbox="1917 392 2096 427">CWP x 3</p> <p data-bbox="1917 432 2190 1166">To explore the emotional and physical changes occurring in puberty. To understand male and female puberty changes in more detail - menstruation and sperm production. To explore the impact of puberty on the body and the importance of hygiene. How to get support during puberty.</p> <p data-bbox="1917 1171 2040 1206">TP x3</p> <p data-bbox="1917 1262 2141 1342">15. What is debt?</p> <p data-bbox="1917 1347 2163 1474">10. Is my relationship healthy?</p>

3. Can my mind get ill?
4. How do I make a choice?
9. What is loss?

TP x2

6. Should my heart rule my head?
7. What is peer pressure?

2. How does alcohol damage my health?
12. What is a stereotype?
13. What is prejudice?
17. Who chooses who runs our country?

11. What's a relationship commitment?

Year group/ Term	Autumn 1	Autumn 2	Spring 1 & 2	Summer 1	Summer 2
Key events linked to RHSE	Black History Month	Anti Bullying Week Nov	Children's Mental Health Week - Feb Online safety day TP 16 Am I a cyber bully? TP 17 Have I trolled someone?		
Y6	<p>Consent Lesson</p> <p>No Outsiders: 6.2 To show acceptance and no judgement. 6.5 To consider attitudes towards disability 6.7 To consider how democracy works</p> <p>AREP X2 To know about diversity and what it means. To know about prejudice and how to recognise behaviours/actions which discriminate against others.</p>	<p>AREP X4 To know about prejudice and actions which discriminate against others; ways of responding to it if witnessed or experienced x2 To know about ways of responding to racism / prejudice if witnessed or experienced To summarise our AREP learning.</p> <p>CWP - x 3 Describe how and why bodies change during puberty. The importance of communication and respect in relationship - healthy and unhealthy relationships.</p>	<p>DART</p> <p>Spring 1 & 2</p>	<p>CWP - relationships x 1 To consider different ways people might start a family and basic facts about conception. To explore positive and negative ways of communicating in a relationship. To know how and where to get support if an online relationship goes wrong.</p> <p>No Outsiders: 6.1 To consider causes of racism 6.3 To consider how changes affect us. 6.4 To consider responses to change</p> <p>TP x 3 6. Should I give in to peer pressure? 15. Should I join in an argument?</p>	<p>Breathe unit of learning.</p> <p>Mini medics</p> <p>TP - 18 What sort of person shall I be?</p>

				9. If it happens all the time, does it mean its right?	
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