



**St Andrew's CE First School RSE Curriculum (including Health Education)**

Year Group	Healthy Me	Relationships	Changing Me (including Sex Education)
Reception	<ul style="list-style-type: none"> <li>• To understand that I need to exercise to keep my body healthy</li> <li>• To understand how moving and resting are good for my body</li> <li>• To know which foods are healthy and not so healthy and can make healthy eating choices</li> <li>• To know how to help myself go to sleep and understand why sleep is good for me</li> <li>• To wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet</li> <li>• To know what a stranger is and how to stay safe if a stranger approaches me</li> </ul>	<ul style="list-style-type: none"> <li>• To identify some of the jobs I do in my family and how I feel like I belong</li> <li>• To know how to make friends to stop myself from feeling lonely               <ul style="list-style-type: none"> <li>• To think of ways to solve problems and stay friends</li> </ul> </li> <li>• To start to understand the impact of unkind words</li> <li>• To use Calm Me time to manage my feelings</li> <li>• To know how to be a good friend</li> </ul>	<ul style="list-style-type: none"> <li>• To name parts of the body</li> <li>• To tell you some things I can do and foods I can eat to be healthy</li> <li>• To understand that we all grow from babies to adults</li> <li>• To express how I feel about moving to Year 1               <ul style="list-style-type: none"> <li>• To talk about my worries and/or the things I am looking forward to about being in Year 1</li> </ul> </li> <li>• To share my memories of the best bits of this year in Reception</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>• To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy</li> <li>• To know how to make healthy lifestyle choices</li> <li>• To know how to keep myself clean and healthy, and understand how germs cause disease/illness</li> <li>• To know that all household products including medicines can be harmful if not used properly</li> </ul>	<ul style="list-style-type: none"> <li>• To identify the members of my family and understand that there are lots of different types of families</li> <li>• To identify what being a good friend means to me</li> <li>• To know appropriate ways of physical contact to greet my friends and know which ways I prefer</li> <li>• To know who can help me in my school community</li> <li>• To recognise my qualities as person and a friend</li> </ul>	<ul style="list-style-type: none"> <li>• To start to understand the life cycles of animals and humans</li> <li>• To tell you some things about me that have changed and some things about me that have stayed the same</li> <li>• To tell you how my body has changed since I was a baby</li> <li>• To identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus</li> </ul>

	<ul style="list-style-type: none"> <li>• To understand that medicines can help me if I feel poorly and I know how to use them safely</li> <li>• To know how to keep safe when crossing the road, and about people who can help me to stay safe</li> <li>• To can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy</li> </ul>	<ul style="list-style-type: none"> <li>• To tell you why I appreciate someone who is special to me</li> </ul>	<ul style="list-style-type: none"> <li>• To understand that every time I learn something new I change a little bit</li> <li>• To tell you about changes that have happened in my life</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>• To know what I need to keep my body healthy</li> <li>• To show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed</li> <li>• To understand how medicines work in my body and how important it is to use them safely</li> <li>• To sort foods into the correct food groups and know which foods my body needs every day to keep me healthy</li> <li>• To make some healthy snacks and explain why they are good for my body</li> <li>• To decide which foods to eat to give my body energy</li> </ul>	<ul style="list-style-type: none"> <li>• To identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate</li> <li>• To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</li> <li>• To identify some of the things that cause conflict with my friends</li> <li>• To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</li> <li>• To express my appreciation for the people in my special relationships</li> </ul>	<ul style="list-style-type: none"> <li>• To recognise cycles of life in nature</li> <li>• To tell you about the natural process of growing from young to old and understand that this is not in my control</li> <li>• To recognise how my body has changed since I was a baby and where I am on the continuum from young to old</li> <li>• To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private</li> <li>• To understand there are different types of touch and can tell you which ones I like and don't like</li> <li>• To identify what I am looking forward to when I move to my next class</li> </ul>

Year 3	<ul style="list-style-type: none"> <li>• To understand how exercise affects my body and know why my heart and lungs are such important organs</li> <li>• To tell you my knowledge and attitude towards drugs</li> <li>• To identify things, people and places that I need to keep safe from</li> <li>• To know some strategies for keeping myself safe, who to go to for help and how to call emergency services</li> <li>• To identify when something feels safe or unsafe</li> <li>• To understand how complex my body is and how important it is to take care of it</li> </ul>	<ul style="list-style-type: none"> <li>• To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</li> <li>• To identify and put into practice some of the skills of friendship eg. taking turns, being a good listener</li> <li>• To know and can use some strategies for keeping myself safe online</li> <li>• To explain how some of the actions and work of people around the world help and influence my life</li> <li>• To understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</li> <li>• To know how to express my appreciation to my friends and family</li> </ul>	<ul style="list-style-type: none"> <li>• To understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby</li> <li>• To understand how babies grow and develop in the mother's uterus</li> <li>• To understand what a baby needs to live and grow</li> <li>• To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</li> <li>• To can identify how boys' and girls' bodies change on the outside during this growing up process</li> <li>• To identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up <ul style="list-style-type: none"> <li>• To start to recognise stereotypical ideas I might have about parenting and family roles</li> </ul> </li> <li>• To identify what I am looking forward to when I move to my next class</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• To recognise how different friendship groups are formed, how</li> </ul>	<ul style="list-style-type: none"> <li>• To recognise situations which can cause jealousy in relationships</li> </ul>	<ul style="list-style-type: none"> <li>• To understand that some of my personal characteristics have come from my birth parents</li> </ul>

	<p>I fit into them and the friends I value the most</p> <ul style="list-style-type: none"> <li>• To understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations</li> <li>• To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</li> <li>• To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</li> <li>• To recognise when people are putting me under pressure and can explain ways to resist this when I want</li> <li>• To know myself well enough to have a clear picture of what I believe is right and wrong</li> </ul>	<ul style="list-style-type: none"> <li>• To identify someone I love and can express why they are special to me</li> <li>• To tell you about someone I know that I no longer see</li> <li>• To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</li> <li>• To understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older</li> <li>• To know how to show love and appreciation to the people and animals who are special to me</li> </ul>	<p>and that this happens because I am made from the joining of their egg and sperm</p> <ul style="list-style-type: none"> <li>• To correctly label the internal and external parts of male and female bodies that are necessary for making a baby</li> <li>• To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> <li>• To know how the circle of change works and can apply it to changes I want to make in my life</li> <li>• To identify changes that have been and may continue to be outside of my control that I learnt to accept</li> <li>• To identify what I am looking forward to when I move to a new class</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• To recognise how different friendship groups are formed, how I fit into them and the friends I value the most</li> <li>• To understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations</li> <li>• To understand the facts about smoking and its effects on health,</li> </ul>	<ul style="list-style-type: none"> <li>• To recognise situations which can cause jealousy in relationships</li> <li>• To identify someone I love and can express why they are special to me</li> <li>• To tell you about someone I know that I no longer see</li> <li>• To recognise how friendships change, know how to make new</li> </ul>	<ul style="list-style-type: none"> <li>• To understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</li> <li>• To correctly label the internal and external parts of male and female bodies that are necessary for making a baby</li> </ul>

	<p>and also some of the reasons some people start to smoke</p> <ul style="list-style-type: none"> <li>• To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</li> <li>• To recognise when people are putting me under pressure and can explain ways to resist this when I want</li> <li>• To know myself well enough to have a clear picture of what I believe is right and wrong</li> </ul>	<p>friends and how to manage when I fall out with my friends</p> <ul style="list-style-type: none"> <li>• To understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older</li> <li>• To know how to show love and appreciation to the people and animals who are special to me</li> </ul>	<ul style="list-style-type: none"> <li>• To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</li> <li>• To know how the circle of change works and can apply it to changes I want to make in my life</li> <li>• To identify changes that have been and may continue to be outside of my control that I learnt to accept</li> <li>• To identify what I am looking forward to when I move to middle school</li> </ul>
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