

Relationships Education, Key Stages 1 and 2:

Topic 1: Families and people who care for me

Learning Outcomes:	5-8 years modules	8-11 years modules
I know families are important and give security and stability.	<p>Staying Safe</p> <ul style="list-style-type: none"> • Keeping/Staying Safe <p>Assessment</p> <ul style="list-style-type: none"> • Road Safety • Leaning Out of Windows <p>Relationships</p> <ul style="list-style-type: none"> • Relationships Assessment • Touch <p>Being Responsible</p> <ul style="list-style-type: none"> • Water Spillage <p>Feelings and Emotions Module</p> <ul style="list-style-type: none"> • Worry • Grief • Computer Safety Module • Making Friends Online <p>Fire Safety Module</p> <ul style="list-style-type: none"> • Petty Arson • Texting Whilst Driving 	<p>Keeping/Staying Safe Module</p> <ul style="list-style-type: none"> • Cycle Safety <p>Growing and Changing Module</p> <ul style="list-style-type: none"> • Growing and Changing Assessment • Relationships (Appropriate Touch) <p>Being Responsible</p> <ul style="list-style-type: none"> • Coming Home on Time <p>Feelings and Emotions Module</p> <ul style="list-style-type: none"> • Anger <p>The Working World Module</p> <ul style="list-style-type: none"> • Chores at Home • In-App Purchases <p>A World Without Judgement Module</p> <ul style="list-style-type: none"> • Inclusion and Acceptance • British Values
I can identify 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).		
I know about other families: that others' families, either in school or in the wider world, sometimes look different from my family (but that I should respect those differences and know that other children's families are also characterised by love and care for them).		
I know about positive relationships (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).		
I know about marriage (that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong).		
I can recognise safe/ unsafe relationships (how to recognise if family relationships are making you feel unhappy or unsafe, and how to seek help or advice from others if needed).		
Cross Curricular links:	SMSC, PSHE, School Values, Computing and E-Safety	

Relationships Education, Key Stages 1 and 2:

Topic 2: Caring friendships

Learning Outcomes:	5-8 years modules	8-11 years modules
I know how important friendships are in making us feel happy and secure, and how people choose and make friends.	<p>Keeping/Staying Safe Module</p> <ul style="list-style-type: none"> • Staying Safe • Medicine <p>Relationships Module</p> <ul style="list-style-type: none"> • Bullying • Friendship • Body Language • Touch <p>Being Responsible Module</p> <ul style="list-style-type: none"> • Helping Someone in Need • Stealing <p>Feelings and Emotions Module</p> <ul style="list-style-type: none"> • Anger • Jealousy <p>Computer Safety Module</p> <ul style="list-style-type: none"> • Online Bullying • Image Sharing • Making Friends Online 	<p>Keeping/Staying Safe Module</p> <ul style="list-style-type: none"> • Peer Pressure • Water Safety <p>Keeping/Staying Healthy Module</p> <ul style="list-style-type: none"> • Smoking • Alcohol <p>Growing and Changing Module</p> <ul style="list-style-type: none"> • Growing and Changing Assessment • Relationships (Appropriate Touch) <p>Feelings and Emotions Module</p> <ul style="list-style-type: none"> • Jealousy <p>Computer Safety Module</p> <ul style="list-style-type: none"> • Online Bullying • Making Friends Online <p>A World Without Judgement Module</p> <ul style="list-style-type: none"> • Breaking Down Barriers • Inclusion and Acceptance • British Values
I can identify the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.		
I know that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded. I know that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.		
I know how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.		
Cross Curricular links:	SMSC, PSHE, School Values, Computing and E-Safety	

Relationships Education, Key Stages 1 and 2:

Topic 3: Respectful relationships

Learning Outcomes:	5-8 years modules	8-11 years modules
I know the importance of respecting others, even when they are very different from me (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Keeping/ Staying Safe Module Staying Safe Relationships Module Bullying Friendship Body Language Touch	Keeping/ Staying Safe Module Water Safety Peer Pressure Growing and Changing Module Relationships (Appropriate Touch) Being Responsible Module
I know practical steps I can take in a range of different contexts to improve or support respectful relationships.	Being Responsible Module Practice Makes Perfect Helping Someone in Need Water Spillage	Stealing Looking Out for Others Feelings and Emotions Module
I know the conventions of courtesy and manners.	Stealing	Jealousy
I know the importance of self-respect and how this links to my own happiness.	Feelings and emotions Module Jealousy Computer Safety Module	Computer Safety Module Online Bullying Image Sharing
I know that in school and in wider society I can expect to be treated with respect by others, and that in turn I should show due respect to others, including those in positions of authority.	Computer Safety Assessment Online Bullying Image Sharing	A World Without Judgement Module Breaking Down Barriers Inclusion and Acceptance British Values
I know about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.		
I know what a stereotype is, and how stereotypes can be unfair, negative or destructive.		
I know the importance of permission seeking and giving in relationships with friends, peers and adults.		
Cross Curricular Links:	SMSC, PSHE, School Values, Computing and E-Safety	

Relationships Education, Key Stages 1 and 2:**Topic 4: Online Relationships**

Learning Outcomes:	5-8 years modules	8-11 years modules
I know that people sometimes behave differently online, including by pretending to be someone they are not.	Computer Safety Module Online Bullying Image Sharing Making Friends Online Computer Safety Documentary	Computer Safety Module Online Bullying Image Sharing Making Friends Online Adults' and Children's views
Know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.		
Know the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.		
I know how to critically consider my online friendships and sources of information including awareness of the risks associated with people I have never met.		
I know how information and data is shared and used online.		
Cross Curricular Links:		

SMSC, PSHE, School Values, [Computing and E-Safety](#)

Relationships Unit:		
Topic 5: Being Safe		
Learning Outcomes:	5-8 years modules	8-11 years modules
I know what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	Keeping/ Staying Safe Module Keeping/Staying Safe Assessment Staying Safe	Keeping/ Staying Safe Module Keeping/Staying Safe Assessment Peer Pressure Water Safety
I know about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.	Relationships Module Relationships Assessment Bullying Touch	Keeping/ Staying Healthy Module Smoking Alcohol
I know that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	Feelings and Emotions Module Feelings and Emotions Assessment Jealousy Worry	Growing and Changing Module Growing and Changing Assessment Relationships (Appropriate Touch) Human and animal reproduction (without conception)
I know how to respond safely and appropriately to adults I may encounter (in all contexts, including online) whom I do not know.	Computer Safety Module Online Bullying Image Sharing Making Friends Online Computer Safety Documentary	Being Responsible Module Looking Out for Others Feelings and Emotions Module Worry
I know how to recognise and report feelings of being unsafe or feeling bad about any adult.	Safety Texting Whilst Driving	Computer Safety Module Online Bullying Image Sharing Making Friends Online
I know how to ask for advice or help for myself or others, and to keep trying until they are heard,		
I know how to report concerns or abuse, and the vocabulary and confidence needed to do so.		
I know where to get advice e.g. family, school and/or other sources.		
Cross Curricular Links:	SMSC, PSHE, School Values, Computing and E-Safety	

Physical Health and Mental Wellbeing Unit:

Topic 1: Mental wellbeing

Learning Outcomes:	5-8 years modules	8-11 years modules
I know that mental wellbeing is a normal part of daily life, in the same way as physical health.	Keeping/Staying Healthy Module Keeping/Staying Healthy Assessment	Keeping/ Staying Healthy Keeping/Staying Healthy Assessment
I know that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.	Washing Hands Brushing Teeth Relationships Module Bullying Body Language	Healthy Living Smoking Alcohol Growing and Changing Module Relationships (appropriate touch)
I know how to recognise and talk about my emotions, including having a varied vocabulary of words to use when talking about my own and others' feelings.	Feelings and Emotions Module Feelings and Emotions Assessment Jealousy Worry	Puberty Bodily changes Menstruation Changing emotions during puberty
I know how to judge whether what I am feeling and how I am behaving is appropriate and proportionate.	Anger Grief Being Responsible Module Practice makes perfect	Feelings and Emotions Module Feelings and emotions assessment
I know the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	Computer Safety Module Online Bullying Image Sharing	Anger Jealousy Worry
I know some simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.	Safety Module Petty Arson Texting Whilst Driving	Computer Safety Module Online Bullying Making Friends Online
Cross Curricular Links:	SMSC, PSHE, School Values, Computing and E-Safety	

Physical Health and Mental Wellbeing Unit:

Topic 1: Mental wellbeing (continued)

Learning Outcomes:	5-8 years modules	8-11 years modules
I know that isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.	Keeping/ staying healthy module <ul style="list-style-type: none"> • Keeping/Staying Healthy Assessment • Washing Hands • Brushing Teeth • Body Language • Bullying 	Growing and changing module <ul style="list-style-type: none"> • Relationships (Appropriate Touch)
I know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Feelings and emotions module <ul style="list-style-type: none"> • Feelings and Emotions Assessment 	Feelings and emotions module <ul style="list-style-type: none"> • Jealousy • Worry
I know where and how to seek support (including recognising the triggers for seeking support), including whom in school I should speak to if I am worried about my own or someone else’s mental wellbeing or ability to control my emotions (including issues arising online).	<ul style="list-style-type: none"> • Jealousy • Worry • Anger • Grief Computer Safety Module <ul style="list-style-type: none"> • Online Bullying • Image Sharing 	Being Responsible Module <ul style="list-style-type: none"> • Looking Out for Others Computer Safety Module <ul style="list-style-type: none"> • Online Bullying
I know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.		A World Without Judgement Module <ul style="list-style-type: none"> • Breaking Down Barriers • Inclusion and Acceptance • British Values

Physical Health and Mental Wellbeing Unit:

Topic 2: Internet Safety and Harms

Learning Outcomes:	5-8 years modules	8-11 years modules
I know that for most people the internet is an integral part of life and has many benefits.	Keeping/ staying healthy module <ul style="list-style-type: none"> • Keeping/Staying Healthy Assessment 	Keeping/ staying healthy module <ul style="list-style-type: none"> • Keeping/Staying Healthy Assessment
I know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on my own and others' mental wellbeing.	Computer safety module <ul style="list-style-type: none"> • Computer Safety Assessment • Online Bullying • Image Sharing • Making Friends Online • Computer Safety Documentary 	<ul style="list-style-type: none"> • Healthy Living Computer Safety Module <ul style="list-style-type: none"> • Computer Safety Assessment • Online Bullying • Image Sharing • Making Friends Online
I know how to consider the effect of my online actions on others and can recognise and display respectful behaviour online and the importance of keeping personal information private.		The Working World Module <ul style="list-style-type: none"> • In-App Purchases
I know why social media, some games and online gaming are age restricted.		
I know that the internet can be a negative place where online abuse, bullying, trolling and harassment can take place which has a negative impact on mental health.		
I can be a discerning consumer of information online including identifying that information from search engines, is ranked, selected and targeted.		
I know where and how to report concerns and get support with online issues.		

Physical Health and Mental Wellbeing Unit:

Topic 4: Healthy eating

Learning Outcomes:	5-8 years modules	8-11 years modules
I know what constitutes a healthy diet (including understanding calories and other nutritional content).	Keeping/ staying healthy module <ul style="list-style-type: none">• Keeping/Staying Healthy Assessment• Healthy Eating• Brushing Teeth	Keeping/ staying healthy module <ul style="list-style-type: none">• Keeping/Staying Healthy Assessment• Healthy Living• Smoking• Alcohol• Adults' and Children's views
I understand the principles of planning and preparing a range of healthy meals.		
I know the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).		

Physical Health and Mental Wellbeing Unit:

Topic 5: Drugs, alcohol and tobacco

Learning Outcomes:

I know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.

5-8 years modules

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Medicine

Hazard Watch Module

- Is it safe to eat or drink?

8-11 years modules

Keeping/Staying Healthy Module

- Keeping/Staying Healthy Assessment
- Smoking
- Alcohol
- Adults' and Children's views

Physical Health and Mental Wellbeing Unit:

Topic 6: Health and prevention

Learning Outcomes:	5-8 years modules	8-11 years modules
<p>I know how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p>	<p>Keeping/Staying Safe Module</p> <ul style="list-style-type: none"> • Keeping/Staying Safe Assessment <p>Keeping/Staying Healthy Module</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy Assessment • Washing Hands • Brushing Teeth 	<p>Keeping/Staying Healthy Module</p> <ul style="list-style-type: none"> • Keeping/Staying Healthy Assessment
<p>I know about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.</p>		<ul style="list-style-type: none"> • Healthy Living • Adults’ and Children’s views
<p>I know about 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>Feelings and Emotions Module</p> <ul style="list-style-type: none"> • Feelings and Emotions Assessment
<p>I know about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p>		<ul style="list-style-type: none"> • Adults’ and Children’s views
<p>I know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</p>		
<p>I know the facts and science relating to immunisation and vaccination.</p>		

Physical Health and Mental Wellbeing Unit:

Topic 7: Basic first aid

Learning Outcomes:

I know how to make a clear and efficient call to emergency services if necessary.

I understand the concepts of basic first-aid, for example dealing with common injuries, including head injuries.

5-8 years modules

Keeping/Staying Safe Module

- Staying Safe
- Leaning Out of Windows

Being Responsible Module

- Water Spillage

Fire Safety Module

- Fire Safety Assessment
- Hoax Calling

8-11 years modules

Keeping/Staying Safe Module

- Cycle Safety
- Peer Pressure
- Water Safety

Physical Health and Mental Wellbeing Unit:

Topic 8: Changing Adolescent Body

Learning Outcomes:

5-8 years modules

8-11 years modules

I know key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

N/A

Growing and Changing Module
• Growing and Changing Assessment
• Puberty
• Conception

I understand about menstrual wellbeing including the key facts about the menstrual cycle.