

BEECHFIELD SCHOOL CURRICULUM OVERVIEW



RSHE

	AUTUMN 1 Being Me	AUTUMN 2 Celebrating Difference	SPRING 1 Dreams and Goals	SPRING 2 Healthy Me	SUMMER 1 Relationships	SUMMER 2 Changing Me
Year 1	Understanding the rights and responsibilities as a member of the class and within the Learning Charter, Knowing views are valued and contribute to the Learning Charter, recognise the choices they make and understand the consequences	Identify similarities and differences between people in the class, know what bullying is and name some people they could talk to if they were feeling unhappy or bullied, know how to make new friends, say some ways they are different from their friends	Set simple goals and work out how to achieve them, understand how to work well with a partner, tackle a new challenge and understand it might help to stretch their learning, identify obstacles which make it more difficult to achieve their new challenge and work out how to overcome them, say how they felt when they succeeded in a new challenge and how they celebrated it	Understand the difference between being healthy and unhealthy and know some ways to keep healthy, know how to make healthy lifestyle choices, understand how germs cause disease/illness, know that all household products including medicines can be harmful if not used properly, understand that medicines can help them if they feel poorly, know how to keep safe when crossing the road and people who can help them to stay safe, say why they think their body is amazing and identify some ways to keep it safe and healthy	Identify the members of their family and understand that there are lots of different types of families, identify what being a good friend means to them, know appropriate ways of physical contact to greet their friends and which ways they prefer, know who can help them in their school community, recognise their qualities as a person and friend, say why they appreciate someone who is special to them	Start to understand the lifecycle of animals and humans, say some things about me that have changed and stayed the same, tell someone how their body has changed since they were a baby, identify the parts of the body that make boys different to girls understand that every time they learn something new they change a little bit, tell someone about changes that have happened in their life
Year 2	Identify some of their hopes and fears for the year, understand the rights and responsibilities for being a member of their class and school, listen to other people and contribute their ideas	Start to understand that sometimes people make assumptions about boys and girls (stereotypes), understand that bullying is sometimes about difference, recognise what is right and wrong and know	Choose a realistic goal and think about how to achieve it, carry on trying (persevering) even when they find things difficult, recognise who they work well with and who it is difficult for them to work with, work well in a group and name some ways	Know what they need to keep their body healthy, show or tell someone what relaxed means and know some things that make them feel relaxed and stressed, understand how medicines work in their body and how important it is to use them	Identify the different members of their family, understand their relationship with each of them and know why it is important to share and cooperate, understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is	Recognise cycles of life in nature, talk about the natural process of growing from young to old, recognise how my body has changed since I was a baby and where I am on the continuum from young to old, recognise the physical differences

	about rewards and consequences, understand how following the Learning Charter will help them and others learn, recognise the choices they make and understand the consequences	how to look after themselves, understand that it is OK to be different from other people and to be friends with them, say some ways they are different from their friends	they worked well within the group, know how to share successes with other people	safely, sort food into the correct food groups and know which foods their body needs every day to keep them healthy, make some healthy snacks and explain why they are good for their body, decide which foods to eat to give their body energy	not, identify some of the things that cause conflict with their friends, understand that sometimes it is good to keep a secret and sometimes it is not good, recognise and appreciate people who can help them in their family, school and community, express their appreciation for the people in their special relationships	between boys and girls and appreciate that some parts of my body are private, understand that there are different types of touch and say which ones I like and do not like, identify what I am looking forward to when I move to my next class
Year 3	Recognise their worth and identify positive things about themselves and their achievements, set personal goals, face new challenges positively, make responsible choices and ask for help when they need it, understand why rules are needed and how they relate to rights and responsibilities, understand that their actions affect themselves and others and care about other people's feelings, make responsible choices and take action, try to see things from other points of view	Understand that everybody's family is different and important to them, understand that differences and conflicts sometimes happen among family members, know what it means to be a witness to bullying, know that witnesses can make the situation better or worse by what they do, recognise that some words are used in hurtful ways, talk about a time when their words affected someone's feelings and what the consequences were	Talk about a person who has faced difficult challenges and achieved success, identify a dream/ambition that is important to them, enjoy facing new learning challenges and working out the best ways to achieve them, be motivated and enthusiastic about achieving a new challenge, recognise obstacles which might hinder their achievement and can take steps to overcome them, evaluate their own learning process and identify how it can be better next time	Understand how exercise affects their body and know why their heart and lungs are such important organs, know that the amount of calories, fat and sugar they put into their body affects their health, talk about their knowledge and attitude towards drugs, identify things, people and places that they need to keep safe from and name some strategies for keeping themselves safe including who to go to for help, identify when something feels safe or unsafe, understand how complex their body is and how important it is to take care of it	Identify the roles and responsibilities of each member of their family and reflect on the expectations of males and females, identify and put into practice some of the skills of friendship, know and use some strategies for keeping themselves safe online, explain how some of the actions and work of people around the world help and influence their life, understand how their needs and rights are shared by children around the world and identify how their lives may be different, know how to express their appreciation to their friends and family	Understand that in animals and humans lots of changes happen between conception and growing up and usually it is the female who has the baby, understand how babies grow and develop in the mother's uterus, understand what a baby needs to live and grow, understand that boys' and girls' bodies need to change, identify how bodies change on the inside and outside during the growing up process, understand that we respect other children and that we all different, start to recognise stereotypical ideas they might have about parenting and family roles, identify what they are looking forward to when they move to their next class
Year 4	Know their attitudes and actions make a difference to the class team, understand who is in their school community, the roles	Understand that, sometimes, we make assumptions based on what people look like, understand what influences them to make these	Tell you about some of their hopes and dreams, understand that sometimes they do not come true and this can hurt, know that reflecting on positive and happy	Understand how different friendship groups are formed, how they fit into them and the friends they value the most, understand there are people who take on the	Recognise situations which can cause jealousy in relationships, identify someone they love and express why they are special to them, talk about someone they know that they no longer	Understand that some of their personal characteristics have come from their birth parents, talk about change as we grow up, talk about how we are different from each other as

	<p>they play and how they fit in, understand how democracy works, understand their actions affect themselves and others, care about other people's feelings and try to empathise with them, understand how groups come together to make decisions, understand how democracy and having a voice benefits the school community</p>	<p>assumptions, know that sometimes bullying is hard to spot and to know what to do if they think it is going on but they are not sure, say why witnesses sometimes join in with bullying and sometimes don't tell, identify what is special about them and value the ways in which they are unique, tell you a time when their first impression of someone changed when they got to know someone</p>	<p>experiences can help them to counteract disappointment, know how to make a new plan and set new goals even if they have been disappointed, know how to work out the steps to take to achieve a goal and do this successfully as part of a group, identify the contributions made by themselves and others to the group's achievement</p>	<p>role of leaders or followers in a group and know the role they take on in different situations, understand the facts about smoking and its effect on health, and also some of the reasons some people start to smoke, understand the facts about alcohol and its effect on health, particularly the liver, and also some of the reasons some people drink alcohol, recognise when people are putting them under pressure and explain ways to resist this when they want, know themselves well enough to have a clear picture of what they believe is right and wrong</p>	<p>see, recognise how friendships change, know how to make new friends and how to manage when falling out with friends, understand what having a boy/girlfriend might mean and that it is a special relationship for when they are older, know how to show love and appreciation to the people and animals who are special to them</p>	<p>we grow, know how the circle of change works and apply it to changes they want to make in their life, identify changes that have been and may continue to be outside of their control that they learn to accept, identify what they are looking forward to when they move to a new class</p>
Year 5	<p>Face new challenges positively and know how to set personal goals, understand their rights and responsibilities as a citizen of their country and as a member of their school, make choices about their own behaviour because they understand how rewards and consequences feel, understand how an individual's behaviour can impact on a group and how democracy and</p>	<p>Understand that cultural differences sometimes cause conflict, understand what racism is, understand how rumour-spreading and name-calling can be bullying behaviours, explain the difference between direct and indirect types of bullying, compare their life with people in the developing world, understand a different culture from their own</p>	<p>Understand that they will need money to help them achieve some of their dreams, know about a range of jobs carried out by people they know and have explored how much people earn in different jobs, identify a job they would like to do when they grow up and understand what motivates them and what they need to do to achieve it, describe the dreams and goals of young people in a culture different to theirs, understand that communicating with someone in a different</p>	<p>Know the health risks of smoking and talk about how tobacco affects the lungs, liver and heart, know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart, know and put into practice basic emergency aid procedures and know how to get help in emergency situations, understand how the media, social media and celebrity culture promotes certain body types, describe the different roles food can play in people's lives and explain how people can</p>	<p>Have an accurate picture of who they are as a person in terms of their characteristics and personal qualities, understand that belonging to an online community can have positive and negative consequences, understand there are rights and responsibilities in an online community or social network and when playing a game online, recognise when they are spending too much time using devices (screen time), explain how to stay safe when using technology to communicate with friends</p>	<p>To be aware of their own self-image and how their body image fits into that, understand the importance of looking after yourself physically and emotionally, describe how boys' and girls' bodies change during puberty, understand that sexual intercourse can lead to conception and that is how babies are usually made, identify what they are looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent), identify what they are looking forward to when they move to their next class</p>

	having a voice benefits the school community, knowing how to participate in this		culture means they can learn from each other and identify a range of ways that they could support each other, encourage their peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this e.g. sponsorship	develop eating problems relating to body image pressures, know what makes a healthy lifestyle and the choices they need to make to be healthy and happy		
Year 6	Identify their goals for this year, understand their fears and worries about the future and know how to express them, know that there are universal rights for all children but for many children these rights are not met, understand that their actions affect other people locally and globally, make choices about their own behaviour because they understand how rewards and consequences feel, understand how an individual's behaviour can impact on a group, understand how democracy and having a voice benefits the school community	Understand there are different perceptions about what normal means and how being different could affect someone's life, explain some of the ways in which one person or a group can have power over another, know some of the reasons why people use bullying behaviours, give examples of people with disabilities who lead amazing lives, explain ways in which difference can be a source of conflict and a cause for celebration	Know their learning strengths and can set challenging but realistic goals for themselves, work out the learning steps they need to take to reach their goal and understand how to motivate themselves to work on these, identify problems in the world that concern them and talk to other people about them, work with other people to help make the world a better place and describe some ways to do this, know what some people in my class like or admire about them and can accept their praise	Take responsibility for their health and make choices that benefit their health and well-being, know about different types of drugs and their uses and their effects on the body, particularly the liver and heart, understand that some people can be exploited and made to do things that are against the law, know why some people join gangs and the risks this involves, understands what it means to be emotionally well and can explore people's attitudes towards mental health/illness, recognise stress and the triggers that cause this, understand how stress can cause drug and alcohol misuse	Know that it is important to take care of their mental health and know how to do this, understand that there are different stages of grief and that there are different types of loss that cause people to grieve, recognise when people are trying to gain power or control, judge whether something online is safe and helpful for them, use technology positively and safely to communicate with my friends and family	Aware of their own self-image and how their body image fits into this, explain how girls' and boys' bodies change during puberty, understand the importance of looking after themselves physically and emotionally, describe how a baby develops from conception and through nine months of pregnancy and how it is born, understand how being physically attracted to someone changes the nature of the relationship and what that might mean, aware of the importance of a positive self-esteem and what they can do to develop it, identify what they are looking forward to and what worries them about the transition to secondary school/moving to their next class