

# **Relationships Education, Relationships and Sex Education (RSE) and Health Education**

## **Reception – Year 6**



## **Queen's Hill Primary and Nursery School**



# Queen's Hill Primary and Nursery School

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Dear Parents and Carers,

As you may be aware, the Department for Education announced changes to relationships and sex education (RSE) which will come into effect from September 2020. All schools are required to comply with the updated requirements. Therefore, we are looking to introduce the changes as soon as possible.

Our RSE curriculum and policy has been reviewed so that it is appropriate for your child's age, physical and emotional maturity, religious and cultural backgrounds as well as special educational needs and/or disabilities. You can find a copy of our RSE policy on the school website at [queenshill.norfolk.sch.uk/RSE](http://queenshill.norfolk.sch.uk/RSE)

Within this booklet, please see overviews of the RSE coverage that will be taught to your child from Reception to Year 6. Set objectives will be taught each half-term to ensure regular coverage. Please be aware that your child may talk about this coverage after an RSE session.

Please keep this booklet for your reference.

If you would like to discuss any of the content, do not hesitate to contact your child's class teacher or me.

Many thanks,

*K. Andrews*

Mrs Kathryn Andrews

Community Values Lead Teacher



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## Reception

In RSE sessions this academic year, your child will learn to:

<b>Relationships Education</b>	<ul style="list-style-type: none"><li>• Understand that families are important for children because they can bring love, security and stability.</li><li>• Understand that friendships are important in making us feel happy and secure.</li><li>• Respect others that are different from them (i.e. physically, in character, personality or background).</li><li>• Understand different types of bullying.</li><li>• Understand that each person's body belongs to them.</li></ul>
<b>Relationships and Sex Education</b>	<ul style="list-style-type: none"><li>• Identify a range of feelings and how these are expressed.</li><li>• Know the importance of basic personal hygiene and how to maintain basic personal hygiene.</li><li>• Recognise the similarities and differences between everyone.</li><li>• Recognise what they like, dislike and feel empowered to make real, informed choices.</li><li>• Understand the concept of privacy.</li><li>• Identify the special people in their lives and what makes them special.</li></ul>
<b>Health Education</b>	<ul style="list-style-type: none"><li>• Recognise and talk about their emotions.</li><li>• Recognise the mental and physical benefits of an active lifestyle.</li><li>• Identify the importance of handwashing to reduce the spread of germs, bacteria and viruses.</li></ul>

## Year 1

In RSE sessions this academic year, your child will learn to:

<b>Relationships Education</b>	<ul style="list-style-type: none"><li>• Understand that families are important for children because they can give love, security and stability.</li><li>• Understand how people choose and make friends.</li><li>• The importance of respecting others even if they make different choices, have different preferences or have different beliefs.</li><li>• Identify different types of bullying (including cyberbullying).</li><li>• Understand that people sometimes behave differently online.</li><li>• Understand the rules and principles for keeping safe online.</li><li>• Understand that each person's body belongs to them.</li></ul>
<b>Relationships and Sex Education</b>	<ul style="list-style-type: none"><li>• Communicate feelings, recognise how others show feelings and know how to respond.</li><li>• Name the main parts of the body, including external genitalia using scientific terms.</li><li>• Understand the importance of listening, playing and working collaboratively (including strategies to resolve simple disagreements).</li><li>• Identify and respect differences between people.</li><li>• Understand that some diseases are spread and the responsibility to protect others.</li><li>• Identify the people who look after them and how to attract their attention if needed.</li></ul>
<b>Health Education</b>	<ul style="list-style-type: none"><li>• Understand that we all experience a range of emotions in different experiences and situations.</li><li>• Understand that the internet is a necessary part of life and has many benefits.</li><li>• The mental and physical benefits of an active lifestyle.</li><li>• The importance of handwashing so as not to spread germs, bacteria and viruses.</li><li>• Know how to make a clear and efficient call to emergency services.</li></ul>

## Year 2

In RSE sessions this academic year, your child will learn to:

<b>Relationships Education</b>	<ul style="list-style-type: none"><li>• Understand the characteristics of a healthy family life.</li><li>• The characteristics of friendships (including mutual respect, trust, truthfulness and loyalty).</li><li>• Using courtesy and manners.</li><li>• Understand different types of bullying and the impact of bullying.</li><li>• Understand that people sometimes behave differently online.</li><li>• Recognise the differences between appropriate and inappropriate physical contact.</li></ul>
<b>Relationships and Sex Education</b>	<ul style="list-style-type: none"><li>• Recognise and celebrate their strengths and achievements.</li><li>• Recognise how they grow and change as they become older.</li><li>• Identify different types of bullying and teasing, and understand that these are wrong and unacceptable.</li><li>• Identify ways in which people and families are unique.</li><li>• Judge what kind of physical contact is acceptable, comfortable and uncomfortable and how to respond.</li><li>• Understand the differences between secrets and surprises.</li></ul>
<b>Health Education</b>	<ul style="list-style-type: none"><li>• Understand that mental wellbeing and physical health are part of daily life.</li><li>• Use varied vocabulary when talking about their own and others' feelings.</li><li>• Know how to recognise and display respectful behaviour online.</li><li>• Explore healthy diet (including understanding calories and nutritional content).</li><li>• Know how to make an efficient call to the emergency services.</li></ul>

## Year 3

In RSE sessions this academic year, your child will learn to:

Relationships Education	<ul style="list-style-type: none"><li>• Understand that other people's families sometimes look different to their own and these differences should be respected.</li><li>• Explore age appropriate stories about dealing with grief/losing a loved one.</li><li>• Understand that healthy friendships are positive and welcoming (they do not make others feel lonely or excluded).</li><li>• Recognise the importance of self-respect.</li><li>• Recognise different types of bullying and the responsibility of bystanders.</li><li>• Understand the importance of respect.</li><li>• The concept of privacy.</li></ul>
Relationships and Sex Education	<ul style="list-style-type: none"><li>• Identify their strengths and recognise how these contribute to high self-esteem.</li><li>• Know how their body many change as they grow and develop.</li><li>• Know how to care for their unique body.</li><li>• Recognise attributes of a positive, healthy relationship.</li><li>• Know that they can challenge gender stereotypes.</li><li>• Understand that there is not one way to be a boy or one way to be a girl.</li><li>• Understand the right to protect their body from unwanted touch.</li><li>• Identify the differences between secrets and surprise.</li></ul>
Health Education	<ul style="list-style-type: none"><li>• Know how to judge whether what they are feeling and how they are behaving is appropriate.</li><li>• Consider the effect of their online actions.</li><li>• Consider the impact of positive and negative content online.</li><li>• Understand the importance of building regular exercise into daily and weekly routines.</li><li>• Understand the importance of sufficient, good quality sleep.</li><li>• Know how to make a clear, efficient emergency call.</li><li>• Key facts about puberty and the changing adolescent body from age 9-11.</li></ul>

## Year 4

In RSE sessions this academic year, your child will learn to:

<p><b>Relationships Education</b></p>	<ul style="list-style-type: none"> <li>• Understand that stable, caring relationships are at the heart of happy families.</li> <li>• Explore age appropriate stories about dealing with grief/losing a loved one.</li> <li>• Recognise when a friendship is making them feel unhappy or uncomfortable.</li> <li>• Understand that in society we expect to show and be treated with respect.</li> <li>• Recognise risks and harmful content online and how to report if necessary.</li> <li>• Know how to ask for advice or help for themselves or others.</li> </ul>
<p><b>Relationships and Sex Education</b></p>	<ul style="list-style-type: none"> <li>• Recognise and respond to a wide range of emotions in themselves and others.</li> <li>• Reflect on how their body has changed and anticipate body changes.</li> <li>• Judge acceptable and unacceptable contact and physical behaviours, and ways to respond.</li> <li>• Recognise differences and similarities between people (including family and personal identity).</li> <li>• Know that marriage is a commitment between two people and that no one should marry if they do not want to.</li> <li>• Recognise when they may need help to manage a situation and develop skills to ask.</li> </ul>
<p><b>Health Education</b></p>	<ul style="list-style-type: none"> <li>• Understand the benefits of physical exercise, time outdoors and community participation on mental wellbeing and happiness.</li> <li>• Learn simple self-care techniques (including the impact of relaxation, time with friends and family and the benefits of hobbies/interests).</li> <li>• Understand the benefits of balancing time spent on and offline.</li> <li>• Understand the principles of planning and preparing a range of healthy meals.</li> <li>• Dealing with common injuries by administering basic first aid.</li> <li>• Key facts about puberty and the changing adolescent body from age 9-11.</li> </ul>

## Year 5

In RSE sessions this academic year, your child will learn to:

<p><b>Relationships Education</b></p>	<ul style="list-style-type: none"> <li>• Understand that marriage/civil partnership represents a formal and legally recognised commitment of two people to each other.</li> <li>• Explore age appropriate stories about dealing with grief/losing a loved one.</li> <li>• Understand that most friendships have ups and downs (these can often be worked through and that resorting to violence is never right).</li> <li>• Understand what a stereotype is and how stereotypes can be unfair, negative or destructive.</li> <li>• Critically consider their online friendships and have an awareness of the risks associated with people they have never met.</li> <li>• Respond safely and appropriately when they encounter unfamiliar adults.</li> </ul>
<p><b>Relationships and Sex Education</b></p>	<ul style="list-style-type: none"> <li>• Anticipate how their emotions and body may change as they approach and move through puberty.</li> <li>• Identify healthy relationships and recognise the skills to manage and maintain healthy relationships.</li> <li>• Know the correct terms associated with gender identity and sexual orientation and the unacceptability of homophobic and transphobic bullying.</li> <li>• Have strategies to keep safe online.</li> <li>• Consider how to manage accidental exposure to explicit images and upsetting material online.</li> </ul>
<p><b>Health Education</b></p>	<ul style="list-style-type: none"> <li>• Understand that isolation and loneliness can affect mental wellbeing.</li> <li>• Understand why some social media platforms, computer games and online games are age restricted.</li> <li>• Understand the risks associated with an inactive lifestyle.</li> <li>• Understand the facts and legal and illegal harmful substances.</li> <li>• Identify safe and unsafe exposure to the sun and how to reduce the risk of sun damage.</li> <li>• Dealing with common injuries by administering basic first aid.</li> <li>• Key facts about puberty and the changing adolescent body from age 9-11.</li> </ul>



## Year 6

In RSE sessions this academic year, your child will learn to:

<p>Relationships Education</p>	<ul style="list-style-type: none"> <li>• Recognise relationships that are making someone feel unhappy or unsafe and how to seek help and advice.</li> <li>• Explore age appropriate stories about dealing with grief/losing a loved one.</li> <li>• Recognising who to trust and who not to trust.</li> <li>• The importance of permission-seeking and giving in relationships with friends, peers and adults.</li> <li>• Recognise how information and data is shared and used online.</li> <li>• Learn to report concerns or abuse.</li> </ul>
<p>Relationships and Sex Education</p>	<ul style="list-style-type: none"> <li>• Recognise how images in the media do not always reflect reality.</li> <li>• Explain what sexual intercourse is and how this leads to reproduction.</li> <li>• Realise the nature and consequences of discriminations (including the use of prejudice language).</li> <li>• Know that some cultural practices are against British law and human rights.</li> <li>• Have an awareness that infections can be shared during sexual intercourse.</li> <li>• Develop skills to know when, who and how to ask for help independently or with support.</li> </ul>
<p>Health Education</p>	<ul style="list-style-type: none"> <li>• Learn how and where to seek support if concerned about their own or someone else's mental wellbeing.</li> <li>• Understanding that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place.</li> <li>• Identify the risks of a poor diet.</li> <li>• Learn the facts about legal and illegal harmful substances and associated risks.</li> <li>• How to recognise the early signs of physical illness.</li> <li>• Dealing with common injuries by administering basic first aid.</li> <li>• Key facts about puberty and the changing adolescent body from age 9-11.</li> </ul>