



Middlewich Primary School Curriculum RHE



At Middlewich Primary School, we aim to provide pupils with a high-quality Relationships and health education (RHE). Our RHE curriculum provides all children with the knowledge, skills, and understanding they need to lead healthy, happy, and fulfilling lives. The curriculum aligns with the DfE's guidance, which places emphasis on delivering a broad and balanced curriculum that supports children's physical and mental health, promotes positive relationships, and prepares them for life in modern Britain. In all RHE lessons children are provided with a safe and inclusive environment where they are supported in developing the essential personal and social skills to form positive relationships and make informed, healthy decisions.

Learning across the school is based on the following key strands:

- Basic First Aid
- Respectful relationships
- Caring Friendships
- Families
- Healthy eating
- Health and Prevention
- Mental Wellbeing
- Changing Adolescent bodies and conception
- Drugs, alcohol and tobacco
- Living in the wider world

Curriculum Overview EYFS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Respectful relationships Pupils will learn how to recognise differences and similarities with looks	Mental Wellbeing Pupils will learn how to identify happiness, sadness and anger	Health eating Pupils will learn about healthy and unhealthy foods.	Respectful relationships Pupils will learn how to be a good a friend.	Families Pupils will learn about who is in their family and how their family	Health and prevention Pupils will learn the importance of

	<p>and preferences in the class and understand what makes them special and proud.</p> <p>Being Safe Pupils will learn how to use kind hands and kind feet. Pupils will know who to speak to when they feel unsafe.</p>	<p>within themselves and others. Pupils will know what makes them feel good and how to talk to trusted adults about their feelings.</p>	<p>Caring Friendships Pupils will learn how to share, how to take turns and how to be a good friend.</p>	<p>Being safe Pupils will learn that pants are private and that there are good and bad secrets.</p>	<p>members can help them.</p> <p>Being Safe Pupils will learn how to use play equipment safely.</p>	<p>washing their bodies and brushing their teeth.</p> <p>Basic first aid Pupils will understand how to help others when they hurt themselves and they will learn how to apply a plaster.</p>
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Curriculum Overview Key Stage 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Respectful relationships Pupils will recognise the similarities and differences of others with a focus on hobbies and interest.</p> <p>Being safe Pupils will know who to speak to when they are feeling unsafe. Pupils will learn that pants are private and that there are good and bad secrets.</p>	<p>Mental Wellbeing Pupils will learn how to identify happiness, sadness, anger and jealousy in themselves and others. Pupils will know who and what makes them feel good.</p> <p>Living in the wider world Pupils will learn that there are different careers and that adults earn money by going to work.</p>	<p>Healthy eating Pupils will learn about healthy and unhealthy snacks. They will understand the importance of fruit and vegetables.</p> <p>Caring Friendships Pupils will learn what makes a good friendship and how we can make our friends happy.</p>	<p>Respectful relationships Pupils will learn about what makes them feel happy and they will identify ways friends can be unkind to others.</p> <p>Being safe Pupils will recap their trusted adults, how to use kind hands and kind feet.</p>	<p>Families Pupils will learn about differences within families and the importance of spending time with their families.</p> <p>Being Safe Pupils will learn about safe and unsafe risks in the park.</p>	<p>Health and prevention Pupils will learn the importance of hand washing and how to make themselves feel better when they are unwell.</p> <p>Basic first aid Pupils will learn how to help others if they get hurt without getting hurt themselves.</p>

Year 2	Respectful relationships Pupils will talk about their strengths and what they are good at. Pupils will learn about what makes a good friend. Being safe Pupils will learn that pants are private and that there are good secrets and bad secrets.	Mental Wellbeing Pupils will learn how to recognize fear, joy, surprise and disgust in themselves and others. Pupils will learn about emotional triggers and how to talk to adults about how they feel. Living in the wider world Pupils will learn that money comes in different forms and we can spend money on things that we need and want. They will also learn about different careers.	Healthy eating Pupils will learn about the importance of a balanced diet and which healthy foods can help us to concentrate more. Caring Friendships Pupils will understand the importance of not telling lies and how they can make friends with others.	Respectful relationships Pupils will learn about how to be a good winner and loser. Pupils will be know how make new friendships. Being safe Pupils will learn how some things can make us feel unsafe and who to speak to if they ever do feel unsafe.	Families Pupils learn how to share and show consideration for people in their families. Pupils learn how they can talk to family members about their feelings. Being Safe Pupils will understand how to cross the road safely.	Health and prevention Pupils will learn the importance of sleep and how to stay safe in the sun. Basic first aid Pupils will learn how to treat nosebleeds and how to wash.
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Curriculum Overview Key Stage 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Respectful relationships Pupils will recognise the similarities and differences of others values and beliefs.	Mental Wellbeing Pupils will learn how to recognise fear, nerves, joy, surprise and disgust in	Healthy eating Pupils will learn about the importance of staying hydrated and how different foods	Respectful relationships Pupils will define bullying and understand what they	Families Pupils will compare different family structures and learn	Health and prevention Pupils will learn the symptoms of a cold

	<p>Being safe Pupils will learn that pants are private and that there are good secrets and bad secrets.</p>	<p>themselves and others. Pupils will learn the benefits of healthy food and physical activity on mental health. Living in the wider world Pupils will understand how people make choices about spending money, including thinking about needs and wants. They will learn about different jobs in different sectors.</p>	<p>can give use more energy. Caring friendships/online relationships Pupils will learn about what makes a good friendship and how we can develop trust within our friendships.</p>	<p>can do to help or stop it. Being safe Pupils will understand the importance of speaking to a trusted adult if something makes them feel unsafe.</p>	<p>how to be a positive family member. Being Safe Pupils will learn about safe and unsafe risks in the park.</p>	<p>and what they can do to feel better. Basic first aid Pupils will learn how to make sure it is safe before they help someone. Pupils will know how to call 999 in an emergency.</p>
Year 4	<p>Respectful Relationships Pupils will understand Stereotyping qualities of boys and girls and how this makes boys and girls feel. Being safe Pupils will learn that pants are private and the importance of personal space and respecting that of others’.</p>	<p>Mental Wellbeing Pupils will learn how to recognise joy, pride and shame in themselves and others. Pupils will learn about emotional triggers and when false emotions can be appropriate. Living in the wider world Pupils will learn how what people choose to buy or spend</p>	<p>Health eating Pupils will learn about calories in food and the importance of a healthy diet. Caring friendships/online relationships Pupils will recognise the feelings they have when they fall out with others and understand how trust can be damaged in friendships.</p>	<p>Respectful relationships Pupils will define bullying and discuss when and where it can happen. They will think about how it feels to be bullied and what they can do to stop it. Changing adolescent body Pupils will learn that puberty is part of the human life cycle and that during puberty</p>	<p>Families Pupils will learn how families can change, how our families can teach us new things and what we need from our families. Being Safe Pupils will learn about safe and unsafe risks when crossing the road and the importance of speaking to a trusted adult if they don’t feel safe.</p>	<p>Health and prevention Pupils will learn about allergic reactions and the importance of dental hygiene. Basic first aid Pupils will learn what is meant by first aid. Pupils will know how to treat a bee sting and headaches.</p>

		money on can affect others or the environment. Pupils will begin to recognise their own aspirations in life.		boys and girls go through changes.		
Year 5	<p>Respectful relationships Pupils will learn to Recognise and value the similarities and differences of others with focus on racism.</p> <p>Being safe Pupils will learn about appropriate, inappropriate and unsafe physical touch, including personal space and respecting that of others’ Personal privacy and respecting the privacy of others’, including recognising when others’ privacy needs to be shared with adults. They will understand safe and unsafe risks when walking home alone or with friends and water safety.</p>	<p>Mental Wellbeing Pupils will learn to recognise pride, shame, dismay, jealousy, embarrassment and empathy in themselves and others. Pupils will learn how to limit online time and the benefits of physical activity and time outdoors.</p> <p>Living in the wider world Pupils will learn how to keep track of money so people know how much they have to spend or save. They will learn that there are different ways into jobs and careers, including college,</p>	<p>Healthy eating/choices Pupils will learn what an unhealthy diet can look like and the impact it can have on us.</p> <p>Caring friendships/online relationships Pupils will learn that friends can make us feel happy and secure (enjoy time together, look out for us, share problems, feeling of belonging) And different friends can be best friends at different times.</p>	<p>Respectful relationships Pupils will learn when we should ask for permission with friends and family and how to accept no if permission is unclear or non-verbal clues are used.</p> <p>Basic first aid Pupils will learn about medication which can be used to treat pain. Pupils will know what to do about common injuries including: sprain and broken bones.</p>	<p>Families Pupils will understand how our families can give us emotional support, how to deal with disagreements and how to get help if they are worried.</p> <p>Drugs, alcohol and tobacco Pupils will learn what drugs, alcohol and tobacco is. They will develop an understanding of what they are and the impact they can have on the human body.</p>	<p>Health and prevention Pupils will learn about viruses and learn about the medicines we can take to help them.</p> <p>Changing adolescent body and conception & birth Pupils will learn about the change’s girls and boys bodies go through during puberty. They learn that hormones control the changes people go through during puberty and they are introduced to the menstrual cycle.</p>

		apprenticeships and university.				
Year 6	<p>Respectful relationships Pupils will learn to recognise and value the similarities and differences of others with focus on homophobia.</p> <p>Being safe Pupils learn how to know if something is not right (feelings of shame, fear, humiliation, lonely) They will consider the barriers that can stop us, or friends, telling someone. They will think about people who can support them if we are concerned about a friend.</p>	<p>Mental Wellbeing Pupils will learn to recognise that it is possible to experience a range of emotions at once and understand how they can respond to it. The pupils learn how to plan a weekly/daily routine which includes self-care.</p> <p>Living in the wider world Pupils will learn about the role that money plays in people's lives, attitudes towards it and what influences decisions about money. They will learn how people choose a career/job and what influences their decision, including skills, interests and pay.</p>	<p>Healthy eating/choices Pupils will learn that a healthy diet helps bodies to grow, stay healthy, function properly and fight diseases.</p> <p>Caring friendships/online relationships Pupils will learn what makes a good friendship: mutual respect, tolerance, truthfulness, sharing interests, trust, supportive. They will understand that we don't exclude others through jealousy and envy. They will understand that many personalities bring fun to life.</p>	<p>Respectful relationships Pupils will learn how to recognise bullying behaviour online and offline and the impact of bullying.</p> <p>Changing adolescent body and conception & birth Pupils will learn about the change's girls and boys bodies go through during puberty. They will learn about the menstrual cycle and understand that emotions can feel exaggerated or out of control during puberty. They will know that everyone's genitalia are different and that they should speak to an adult if they are worried about any parts of their bodies.</p>	<p>Families Pupils will learn about formal and informal marital commitment and how families can change.</p> <p>Drugs, alcohol and tobacco Pupils will learn it is highly dangerous to take illegal drugs because they can cause serious harm. They will learn about the effects of some illegal drugs. They will understand that alcohol can be addictive. They will also understand that smoking can cause cancer, damage lungs, increase risk of heart attack, make asthma and common cold worse.</p>	<p>Health and prevention Pupils will learn the importance of keeping their bodies clean and they will learn about common signs and symptoms of illnesses.</p> <p>Basic first aid Pupils will complete a first aid course. Pupils will know how to use dressings and bandages.</p>

Wider Opportunities:

Weekly assemblies

Daily reflection time

Personal development awards

Residential trips