

Relationships Education Planner for Worstead CofE Primary School

Taught in Class RSHE lessons

Statutory Requirements by the end of Primary School		KS1	KS2
Families and people who care for me	Families are important for children growing up because they can give love, security and stability.	YRR/1	
	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.	YR/1	YR3/4
	That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	YR2	YR3/4
	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.	YRR/1 YR2	YR3/4
	That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.		YR3/4
Caring friendships	How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.	YR2	YR3/4.
	How important friendships are in making us feel happy and secure, and how people choose and make friends.		YR5/6
	The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.	YRR/1	YR3/4 YR5/6
	That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.	YR1	YR5/6
Respectful relationships	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.	YR1	
	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.	YR1 YR2	YR3/4 YR5/6
	The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	YRR/1 YRR/1 YR2	YR3/4 YR5/6
	Practical steps they can take in a range of different contexts to improve or support respectful relationships.	YRR/1	YR3/4 YR5/6
	The conventions of courtesy and manners.	YRR/1 YR2	YR3/4 YR5/6
	The importance of self-respect and how this links to their own happiness.	YR1 YR2	YR3/4 YR5/6
	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.	YR1	YR3/4
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.	YR2	YR5/6	

	What a stereotype is, and how stereotypes can be unfair, negative or destructive.		YR3/4 YR5/6
	The importance of permission-seeking and giving in relationships with friends, peers and adults.	YR2	
Online relationships	That people sometimes behave differently online, including by pretending to be someone they are not.		YR3/4
	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.		YR3/4 YR5/6
	The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.		YR3/4 YR5/6
	How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.		YR5/6
Being Safe	How information and data is shared and used online.		YR5/6
	What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).	YRR/1	YR3/4
	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.	YR2	YR3/4
	That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.	YRR/1 YR2	YR3/4
	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.	YR2	
	How to recognise and report feelings of being unsafe or feeling bad about any adult.	YRR/1 YR2	YR3/4
	How to ask for advice or help for themselves or others, and to keep trying until they are heard.	YR2	YR3/4 YR5/6
	How to report concerns or abuse, and the vocabulary and confidence needed to do so.	YRR/1 YR2	YR3/4 YR5/6
Where to get advice e.g. family, school and/or other sources.	YRR/1	YR3/4 YR5/6	

Sex Education

No Statutory Requirements by the end of Primary School		KS1	KS2
My Body	Children recognise how they grow and will change as they become older. Introduced to simple, non-sexual definitions for penis, vulva, vagina, testicles, anus.	Y2	
	Children understand how their emotions and bodies change in preparation for puberty, language such as wet dreams, erection and pubic hair introduced.		YR5
	Children can explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female sexual organs.		YR6

Health Education

Class RSHF lesson

Science lesson

Class or whole school activities e.g. assembly, Forest School, community café, guest speakers

ICT lessons



Statutory Requirements to be met by the end of Primary School		KS1	KS2
Mental wellbeing	That mental wellbeing is a normal part of daily life, in the same way as physical health.		YR3/4
	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.	YR YR1/2	YR3/4 YR5/6
	How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.	YRR YR1/2	YR3/4
	How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.	YRR YR1/2	YR3/4
	The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	YR2	Y5/6
	Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.		YR3/4
	Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support	Whole school	
	That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	YR2	
	Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).	YR1/2	YR3/4
	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.	Whole school	
Internet safety and harms	That for most people the internet is an integral part of life and has many benefits.	Whole school	
	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 their own and others' mental and physical wellbeing.	Whole school	
	How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.		YR5/6
	Why social media, some computer games and online gaming, for example, are age restricted.		YR5/6
	That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Whole school	

	How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted.		YR5/6
	Where and how to report concerns and get support with issues online.		YR3/4
Physical health and fitness	The characteristics and mental and physical benefits of an active lifestyle.	Whole school	
	The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise	YR2	
	The risks associated with an inactive lifestyle (including obesity).		YR5/6
	How and when to seek support including which adults to speak to in school if they are worried about their health.	Whole school	
Healthy eating	What constitutes a healthy diet (including understanding calories and other nutritional content).	YR2	YR3/4 YR5/6
	The principles of planning and preparing a range of healthy meals.	YR2	YR5/6
	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).	YR2	YR4
Drugs, alcohol and tobacco	The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.		YR5/6
	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.		YR5/6
Health and prevention	About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer.	Whole school	
	The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Whole school	
	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist	YRR/1	YR4
	About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.	YRR YR1/2	YR3/4 YR5/6
	The facts and science relating to immunisation and vaccination.	YR1	
First aid	How to make a clear and efficient call to emergency services if necessary.	YR1	YR6
	Concepts of basic first-aid, for example dealing with common injuries, including head injuries.		YR5/6
Puberty	Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.		YR4 YR5/6
	About menstrual wellbeing including the key facts about the menstrual cycle.		YR5/6