

RSHE Curriculum Map

Year Group	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Families and people who care for me	What makes a family	What makes a family special	Families come in different shapes and sizes	How families care for one another	Love and marriage	Young carers	Running away is never OK
Caring friendships	Similarities and differences	Falling out and making up	When to share a secret	Falling out and making up	Peer pressure	Fun friendships	
Respectful relationships	Likes, dislikes and decisions	Celebrating differences	I am special	Stereotypes stink!	Respecting different identities	Stamp out stereotypes!	Stamp out stereotypes!
Online relationships / Internet safety	Watching videos online	Sharing pictures	Online 'friends' aren't always nice	Sharing secrets	Play, Like, Share	Sharing information	Media messages and me
Being safe	Why are 'private parts' private?	Asking for help	My body belongs to me	My body, my right	Public or private? To touch or not to touch?	Online conundrums!	When and how to get help
My body / Changing adolescent body	What are the parts of the human body?	What are the 'private parts' called?	Growing up	Growing up and my amazing body	Puberty predictions	Puberty and menstrual wellbeing	How a baby is conceived and born
Mental wellbeing	Describing and managing feelings	Understanding feelings and behaviours	Bullying is wrong	Happy to be me	Emotional responses	The emotional rollercoaster of puberty	Managing challenges and change

Physical health and fitness		Physical activity is fun		Physical activity is fun		Doing a daily mile / bike, walk. Scoot to school	
Healthy eating	Be sugar smart		Be food smart		Be food smart		Be a food detective
Drugs, alcohol and tobacco				Peer pressure pranks	Resisting peer pressure	Informed choices	The law
Health and prevention	Handwashing and hygiene	Keeping our teeth healthy	Bad bacteria! Protecting and preventing	Be a sun safe superstar!	Keeping my body clean and healthy	The sleep factor	STIs and catching condoms!
Basic first aid	What is first aid?	Stay safe	Emergency action	What is first aid?	Stay safe	Emergency action	Help save lives

Topics in blue are recommended but non-statutory.

In Year A, topics from years 1, 3 and 5 are taught in the relative classes. In Year B, topics from years 2, 4 and 6 are taught. The Reception topics are taught each year.

The exception to this is the year 6 topic of conception, which is taught to year 6 only each year.