



RIVERSIDE PRIMARY SCHOOL: RSHE CURRICULUM PROVISION EYFS – Y6

Yr	Being me in my world	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
EY	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter R7, R9, R12, R14, R16, H2-H4, H7	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone R7-R11, R12, R13, R16, R17, R19, R25, R29, R31, R32, H2, H3, H7, H8	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success R12, R16, R30, H2-H4	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness R15, H1-H6, H18- H19, H21-H25, H28, H30	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships R1-R4, R7, R8-R16, R19, R25-28, R30-R31, H2, H3, H6, H9	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition R1, R6, R15, R19, R25-27, R29, R32, H2-H4
2	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings R12-R16, R19, R25, R32, H2, H3	Assumptions and stereotypes about gender Understanding bullying Standing up for self and Others; Making new friends Gender diversity Celebrating difference and remaining friends R7-R22, R25, R30-R33, H2-H4, H7-H9, H13, H15, H17	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success R12-16, R19, R29, H2-H4	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food H1-H5, H12, H18-H25, H28	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships R1-R11, R12, R13, R16, R19, R20, R22, R25-32, H2, H3, H14	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition R15, R19, R25-R32, H2, H3, H34
3	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives R1-R9, R12-R16, R19, R21, R25, R32, H2, H3	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments R1, R9-R11, R12-R18, R20-R21, R23, R25, R30-R33, H2-H5, H7-H9, H13, H15	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting R12-R15, H2-H4	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios; Respect for myself and others; Healthy and safe choices R15, R20-R24, R25, R26, R28-R32, H1-H3, H5, H6, H9, H11, H17-H25, H28	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends R1-R4, R7-R19, R25, R26, R32, H2, H3, H9, H11-H17	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition R1-R4, R18, R27, H2, H3, H34, H35

YR	Being me in my world	Celebrating Difference	Dreams & Goals	Healthy Me	Relationships	Changing Me
4	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour R7-R16, R19, R25, H2, H3	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions R11-R17, R20-R22, R25, R30-R33, H2-H4, H7-H9, H13	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes R12-R16, H2, H3	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength R7-R16, R19, R2-R22, R25, R29-R32, H1-H4, H21, H24-26	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and Animals R2, R4, R6, R7-R16, R19, R25, R32, H2-H4, H7-H10	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change R1-R4, R26-R27, H2-H4, H34, H35
5	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating R12-R16, H2-H3, H7	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures R9, R10, R12-R18, R29-R32, H2-H4, H7-H9	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation R12, R15, R16, H2-H3, H18-H21, H25, H32, H33	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour R12, R15, R16, R18, R25, R27, R30-R32, H1-H6, H9-H10	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules R11-R24, R25, R26, R29-R32, H1-H5, H7-H17, H28	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition R15, R25-R27, H1-H6, H18, H34, H35
6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling R6, R7, R12-R14, R25, H2-H4	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy R3, R11-R19, R25, R30-32, H2-H4, H7, H8, H10, H13, H17	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments R12-R16, R21, H2-H4, H7, H18-H21, H24, H25	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress R6, R7, R11, R15-R16, R19, R25-R27, R30-R32, H1-H10, H12, H17	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use R8-R11, R13-R32, H1-H17, H18, H21, H24, H28, H31	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting; Transition R1, R4, R6-R9, R13-R16, R19, R27, R30, R32, H1-H10, H34, H35