

## RSE Topic overview

Year group	Topics						
R	<b>Families and People who Care for Me</b> <ul style="list-style-type: none"> <li>Who is in my family</li> <li>How my family look after me</li> <li>Other families and how they may differ from mine</li> </ul>		<b>Friendships</b> <ul style="list-style-type: none"> <li>Developing healthy friendships</li> <li>Being kind to my friends</li> <li>Resolving conflicts with friends</li> </ul>			<b>Body Parts</b> <ul style="list-style-type: none"> <li>Similarities and differences between male and female</li> <li>Male and female body parts</li> <li>Privacy</li> <li>Appropriate and inappropriate physical contact</li> </ul>	
KS1 Cycle A	<b>Caring Friendships</b> <ul style="list-style-type: none"> <li>Anti-bullying</li> <li>Looking after friends</li> <li>Resolving conflicts</li> </ul> Inclusive friendships	<b>Our Feelings (Friends Resilience)</b> <ul style="list-style-type: none"> <li>Recognising feelings and responses to these</li> <li>'thumbs up' and 'thumbs down' feelings and responses</li> </ul>	<b>A healthy body and a healthy mind</b> <ul style="list-style-type: none"> <li>Exercise</li> <li>Healthy Eating- a balanced diet</li> <li>Negative feelings</li> <li>Relaxation strategies</li> <li>Mindfulness</li> </ul>	<b>Internet Safety</b> <ul style="list-style-type: none"> <li>Recognising risks</li> <li>Keeping information private online</li> <li>Effective passwords</li> </ul> Who to contact online	<b>Staying Safe</b> <ul style="list-style-type: none"> <li>Safety in different environments</li> <li>Safety around strangers</li> </ul> <b>Resolving Conflict</b> <ul style="list-style-type: none"> <li>Healthy friendships</li> </ul> Strategies to resolve conflicts with friendships		
KS1 Cycle B	<b>Families and friendships</b> <ul style="list-style-type: none"> <li>Who is in my family</li> <li>Family networks and differences</li> <li>Healthy friendships</li> <li>Special people</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Support network</li> <li>Who to talk to</li> <li>How to manage feelings</li> </ul>	<ul style="list-style-type: none"> <li><b>Staying Healthy</b></li> <li>Keeping clean, hygienic and healthy</li> <li>Healthy food choices</li> <li>A balanced diet</li> <li>Exercise</li> </ul>	<b>Good and Bad Secrets</b> <ul style="list-style-type: none"> <li>Privacy</li> <li>Secrets vs surprises</li> <li>People who we trust</li> </ul>	<b>Internet Safety</b> <ul style="list-style-type: none"> <li>Recognising risks</li> <li>Keeping information private online</li> <li>Effective passwords</li> <li>Who to contact online</li> <li></li> </ul>		
LKS2 Cycle A	<b>Finding inner peace</b> <ul style="list-style-type: none"> <li>Mental Health Awareness Week</li> <li>Self Regulation</li> <li>Physical health impact on mental health</li> </ul>		<b>Healthy Relationships and Resolving Conflict</b> <ul style="list-style-type: none"> <li>What makes a good friendship?</li> <li>Steps to resolving conflict</li> <li>Decisions - Identifying Good/Bad</li> </ul>	<b>Respecting others</b> <ul style="list-style-type: none"> <li>Respecting similarities and differences</li> <li>Respecting differing perspectives</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>A healthy diet</li> <li>Balanced lifestyles</li> </ul> <b>Internet Safety</b> <ul style="list-style-type: none"> <li>Keeping personal information safe</li> </ul>		

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					<ul style="list-style-type: none"> <li>• Online relationships</li> </ul>	
LKS2 Cycle B	<b>Personal safety and relationships</b> <ul style="list-style-type: none"> <li>• Respecting other people</li> <li>• What is acceptable for me</li> <li>• Keeping clean</li> <li>• Personal hygiene</li> <li>• Stereotyping</li> <li>• Respecting others and their differences</li> <li>• Equality within races, gender and relationships</li> <li>• Freedom of choice in relationships</li> </ul>		<b>Internet Safety</b> <ul style="list-style-type: none"> <li>• Online friendships</li> <li>• Online confidentiality</li> <li>• Recognising and reporting harmful content</li> </ul>	<b>Health and Hygiene</b> <ul style="list-style-type: none"> <li>• Oral hygiene</li> <li>• Sun Safety</li> </ul>		
UKS2 Cycle A	<b>Relationships</b> <ul style="list-style-type: none"> <li>• Operation Encompass</li> <li>• Power and boundaries in relationships (friends and family relationships)</li> <li>• Equitable friendships</li> <li>• Challenging discrimination</li> </ul>		<b>Personal Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• Negative feelings</li> <li>• Exercise and healthy eating</li> <li>• Coping strategies</li> </ul>	<b>Puberty and changes</b> <ul style="list-style-type: none"> <li>• Physical changes for boys and girls</li> <li>• Emotional changes for boys and girls</li> <li>• Hygiene</li> </ul>		
UKS2 Cycle B	<b>Health, Safety and First Aid</b> <ul style="list-style-type: none"> <li>• What to do in an emergency</li> <li>• Recovery position</li> <li>• Contacting the emergency services</li> <li>• Choking</li> <li>• How to keep safe at the scene of an accident</li> </ul>		<b>Showing Respect</b> <ul style="list-style-type: none"> <li>• Respecting others regardless of differences</li> <li>• Meeting new people with different backgrounds</li> <li>• Spotting and challenging prejudice</li> </ul>	<b>Puberty and changes</b> <ul style="list-style-type: none"> <li>• Impact of physical and emotional changes</li> <li>• Hygiene</li> </ul>	<b>Personal Relationships</b> <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Different nature of relationships (friendships, romantic)</li> </ul>	