



Overview of Relationships, Health & Sex Education KS2 coverage

	Term 1 School Value: Caring	Term 2 School Value: Respect	Term 3 School Value: Fairness	Term 4 School Value: Responsibility	Term 5 School Value: Trust	Term 6 School Value: Determination
Year 3	Get Heart Smart Exploring ways to be kind to one another, recalling memories and associating feelings, finding ways to protect ourselves from hurt, listing people we're grateful for, the benefits of a healthy lifestyle.	Don't forget to let love In Learning to accept encouragement, considering what love is and isn't, listing things we're grateful for, making good choices to keep hearts healthy.	Too much Selfie isn't healthy How to be unselfish, how to respond to an emergency, honouring key figures who were selfless, respecting the views of others, keeping personal information private.	Don't rub it in, rub it out Demonstrating the effects of saying sorry, considering different ways to respond, the benefits of letting go of hurt, how trust is built and betrayed, recognising and challenging stereotypes	Fake is a mistake Recognising that the real me is the best me, spotting shame and replacing it with pride, thinking about appropriate and inappropriate contact, importance of truth in friendships, facts and science about allergies.	No way through isn't true Thinking about progress and setbacks, importance of resilience, how to respond to emergency first aid, developing the right attitude to achieve a dream, how to manage change.
Year 4	Get Heart Smart The consequences of the words we use, suggesting ways we can grow a characteristic, how we know who we can trust, what makes a healthy family life, positive and negative effects on mental health.	Don't forget to Let Love In Looking at ways we feel loved, celebrating our strengths and achievements, comparing uniqueness, things about our bodies we're grateful for, the importance of hygiene.	Too much Selfie isn't healthy Being aware of the world and people around us, recognising facial and body language, thanking unseen heroes in the local community, working with others to achieve a shared goal, how to use mobile phones and tablets safely.	Don't Rub it in, Rub it out Ways to fix broken friendships, the value of forgiveness, ways to manage stress, learning personal boundaries, recognising and dealing with online abuse.	Fake is a Mistake Celebrating who we are not what we do, using kind words, finding the courage to speak the truth, ways to say no to dares, the facts and risks associated with smoking.	No way through isn't true Thinking about the skills and attitudes needed to face a challenge, considering habits needed to achieve a goal, how to hold onto hope, dreams for the future, puberty between 9 and 11.
Year 5	Get Heart Smart Considering how powerful people lead others, being brave, what we should and shouldn't watch, thanking people who support us, the importance of sleep and health.	Don't forget to Let Love In Considering about how what others say makes us feel, how to respond to peer pressure, recognising need and want, who to go to for help.	Too much Selfie isn't healthy Knowing what we can do when we feel lonely, listening to what others say, who to honour and ways to honour them, the purpose and roles of different groups, awareness of what to share online.	Don't Rub it in, Rub it out Strategies to resolve conflict, what Nelson Mandela's life teaches about forgiveness, how to handle emotions, how to respond to mistakes, recognising and responding to bullying.	Fake is a Mistake Recognising how online images might not reflect reality, exploring how shame can make us hide true feelings, knowing who to trust, risks associated with alcohol.	No way through isn't true Knowing interior successes can be greater than exterior, the power of hope, facts about the menstrual cycle, how to care for ourselves during puberty.

<p>Year 6</p>	<p>Get Heart Smart How body language can makes us feel powerful, how to stay soft but strong, when a secret should be shared, the importance of commitment in marriage, how to plan a healthy meal.</p>	<p>Don't forget to Let Love In Considering self-worth, how to use positive words, significant events and people in our lives, things we're grateful for, identifying early signs of illness.</p>	<p>Too much Selfie isn't healthy Demonstrating ways we're different and ways we're the same, practising being a good listener, how generations before us overcame challenges, ways to be a good friend, the benefits and dangers of social media.</p>	<p>Don't Rub it in, Rub it out Strategies to resolve conflict, how we benefit when we choose to forgive others, how we communicate through tone of voice and body language, how to build trust, the impact of bullying.</p>	<p>Fake is a Mistake Being proud of who we are, using positive self-talk, using boundaries in friendships, facts about vaccinations, the risks of legal and illegal substances.</p>	<p>No way through isn't true Recognising how we feel, why we feel that way and what we need, the power of hope, how to step out of our comfort zones, loving relationships and how babies are conceived.</p>
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