

Appendix A

Our intended coverage reflects the fact that we have mixed-age classes. Class teachers may use their professional judgement and expertise to use resources from previous year groups where there is a need to do so in order that they have the skills, knowledge and understanding to then access the intended coverage for their classes.

Before RSHE content is taught, classes use an initial session to draft a 'working agreement' for these lessons, introduce their conversation cards and the idea of an 'ask it basket'.

In the Early Years Foundation Stage the children use shared talk to discuss their experiences and feelings. They learn skills in looking after themselves and being clean. They learn to share and take turns. They learn about the importance of basic rules around school. Through topics such as 'Ourselves' and 'Our families' children learn to respect each others' similarities and differences.

RSHE in EYFS Class 1

<u>RSE Solution</u> <u>Autumn 1</u> <u>My feelings</u>	<u>RSE Solution</u> <u>Autumn 1</u> <u>My body</u>	<u>RSE Solution</u> <u>Spring 1</u> <u>My</u> <u>relationships</u>	<u>RSE Solution</u> <u>Spring 2</u> <u>My beliefs</u>	<u>RSE Solution</u> <u>Summer 1</u> <u>My rights and</u> <u>responsibilities</u>	<u>RSE Solution</u> <u>Summer 2</u> <u>Asking for</u> <u>help</u>
Pupils can identify a range of feelings and how these are expressed, including words to describe them and simple strategies for managing feelings.	Pupils know the importance of basic personal hygiene and understand how to maintain basic personal hygiene.	Pupils understand that there are similarities and differences between everyone and they can celebrate this.	Pupils can recognise what they like, dislike and feel empowered to make real informed choices.	Pupils understand the concept of privacy, including the right to keep things private and the right another person has to privacy.	Pupils can identify the special people in their lives, what makes them special and how special people care for one another.
Health Education Autumn Term		Health Education Spring Term		Health Education Summer Term	
Healthy Eating		Health Prevention		Basic First Aid	
I know that some food and drink is healthy for my body. I can compare quantities of sugar. I can identify healthy choices.		I can identify ways to keep clean. I know when it is important to wash my hands. I know how to wash my hands.		I can explain what first aid is and why it is important.	
Citizenship is covered via knowledge and understanding of the world learning goals and topics such as the People Who Help Me.					

During EYFS, as part of health education, children will learn the characteristics of a poor diet and the role of sugar in obesity and tooth decay and on their behaviour. They will learn about personal hygiene and germs, how they spread and the importance of handwashing in prevention. They will learn the concept of basic first aid in dealing with common injuries such as cuts, bruises and head injuries.

Class 2 (Key Stage 1) Curriculum Map

Year 1 of rolling programme (2024/25) Year 1 in RSE Solution and Norfolk scheme of work

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>RSE Solution</u> <u>My feelings</u>	<u>RSE Solution</u> <u>My relationships</u>	<u>RSE Solution</u> <u>My beliefs</u>	<u>RSE Solution</u> <u>My rights and responsibilities</u>	<u>RSE Solution</u> <u>Asking for help</u>	<u>RSE Solution</u> <u>My body</u>
Pupils are able to communicate about feelings, to recognise how others show feelings and know how to respond.	Pupils understand the importance of listening to other people, to play and work collaboratively, including strategies to resolve simple arguments through negotiation.	Pupils can identify and respect the differences and similarities between people.	Pupils understand how some diseases are spread, including the right to be protected from diseases and the responsibility to protect others.	Pupils can identify the people who look after them, who to go to if they are worried and how to attract their attention.	Pupils are able to name the main parts of the body, including the external genitalia using scientific terms.
<u>Health Education</u> <u>Autumn Term</u>		<u>Health Education</u> <u>Spring Term</u>		<u>Health Education</u> <u>Summer Term</u>	
<u>Physical and mental Health and Fitness</u> Pupils are able to identify an enjoyable form of physical activity, understanding why it is important to be physically active. <u>Mental well being</u> – talking about feelings. That there is a normal range of emotions, a scale of emotions that all humans experience in response to different situations.		<u>Health and Prevention</u> Dental hygiene – keeping our teeth healthy by cleaning, flossing and regular check-ups with a dentist. Pupils can identify different ways to protect teeth, maintaining good oral hygiene.		<u>Basic First aid</u> How to stay safe by making a call to the emergency services Pupils understand how to identify risk, keeping themselves and others safe in an emergency situation.	
<u>Citizenship</u> <u>Autumn Term</u>		<u>Citizenship</u> <u>Spring Term</u>		<u>Citizenship</u> <u>Summer Term</u>	
Basic road safety Children understand the dangers on the roads and simple strategies to stay safe				Being a good citizen. Children understand how to protect the local, natural and built environments	

Class 2 Year 2 of rolling programme (2025/2026) Year 2 in RSE Solution and Norfolk Scheme of Work

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>RSE Solution</u> <u>My feelings</u>	<u>RSE Solution</u> <u>My body</u>	<u>RSE Solution</u> <u>My relationships</u>	<u>RSE Solution</u> <u>My beliefs</u>	<u>RSE Solution</u> <u>My rights and responsibilities</u>	<u>RSE Solution</u> <u>Asking for help</u>
Pupils can recognise and celebrate their strengths and achievements and set simple but challenging goals.	Pupils can recognise how they grow and will change as they become older.	Pupils can recognise different types of teasing and bullying, understanding that these are wrong and unacceptable.	Pupils can identify ways in which people and families are unique, understanding that there has never been and never will be another them.	Pupils can judge what kind of physical contact is acceptable and comfortable and uncomfortable and how to respond.	Pupils know the difference between secrets and surprises including the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.
<u>Health Education</u> <u>Autumn Term</u>		<u>Health Education</u> <u>Spring 1</u>	<u>Health Education</u> <u>Spring 2</u>	<u>Health Education</u> <u>Summer 1</u>	<u>Health Education</u> <u>Summer 2</u>
Health and Prevention About personal hygiene and germs including bacteria and viruses, how they are spread and treated, and the importance of handwashing. How to recognise early signs of physical illness, such as weight loss or unexplained changes to the body. Pupils understand that some bacteria are spread and that they have the right to be protected from illness and a responsibility to protect others.		Mental well-being That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. Pupils can recognise different types of teasing and bullying and understand that these are wrong and unacceptable.	Healthy eating What constitutes a healthy diet (including understanding calories and other nutritional content). Pupils know that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices.	Health and Prevention Sun Safety Pupils are aware of the dangers of the sun and know and can apply ways to protect themselves	Basic First Aid – How to make a clear and efficient call to emergency services if necessary. Pupils can identify an emergency situation where someone needs help quickly and know how to call 999 and what to say to the operator.
<u>Citizenship</u> <u>Autumn Term</u>		<u>Citizenship</u> <u>Spring Term</u>		<u>Citizenship</u> <u>Summer Term</u>	
Protecting ourselves from harm – children can identify the harms posed by household products and medicines				Understanding money Children will know that there are a variety of sources of money and why money is used.	

Class 3 (Lower Key Stage 2) Curriculum Map

Year 1 of rolling programme (2024/2025) Year 3 in RSE solution and Norfolk Scheme of Work

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>RSE</u> <u>My feelings</u>	<u>RSE</u> <u>My body</u>	<u>RSE</u> <u>My relationships</u>	<u>RSE</u> <u>My beliefs</u>	<u>RSE</u> <u>My rights and responsibilities</u>	<u>RSE</u> <u>Asking for help</u>
Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem.	Pupils know how their body may change and grow as they develop, how to care for their body and celebrate their uniqueness.	Pupils can recognise a wide range of relationships, including the attributes of positive, healthy relationships.	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.	Pupils understand the right to protect their body from unwanted touch.	Pupils can identify the difference between secrets and surprise, knowing when it is right to break a confidence and share a secret.
<u>Health Education</u> <u>Autumn 1</u>	<u>Health Education</u> <u>Autumn 2</u>	<u>Health Education</u> <u>Spring Term</u>		<u>Health Education</u> <u>Summer Term</u>	
<u>Mental wellbeing</u> Pupils can identify their strengths and set aspirational goals for themselves, understanding how this contributes to self-esteem and happiness. <u>Physical health and fitness</u> Pupils are able to identify an enjoyable form of physical activity, understanding why it is important to be physically active.	<u>Healthy eating</u> by understanding what constitutes a healthy diet, including nutritional content and how to plan a range of healthy meals. Pupils know that different food and drink contains varying amounts of sugar, fat and salt, explaining why it is important to make healthier choices. <u>KLCF Healthy Body Healthy Mind Programme</u>	<u>Drugs and alcohol and tobacco</u> Pupils understand that perceptions around risk taking behaviours, including drugs and alcohol can add pressure to do something that they are uncomfortable to do.		<u>Basic First aid</u> – how to deal with common injuries such as cuts, sprains and head injuries. Pupils can explain what first aid is and why it is important.	
<u>Citizenship</u> <u>Autumn Term</u>		<u>Citizenship</u> <u>Spring Term</u>		<u>Citizenship</u> <u>Summer Term</u>	
		<u>Taking responsibility</u> – The link between rights and responsibilities and how to be a good citizen in school and in other environments		<u>Being the Best We can Be</u>	

Class 3 Year 2 of rolling programme (2025/2026) Year 4 of RSE Solution and Norfolk Scheme of Work

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>RSE</u> <u>My feelings</u>	<u>RSE</u> <u>My relationships</u>	<u>RSE</u> <u>My beliefs</u>	<u>RSE</u> <u>My rights and responsibilities</u>	<u>RSE</u> <u>Asking for help</u>	<u>RSE</u> <u>My body</u>
Pupils can recognise and respond to a wide range of emotions in themselves and others and know how to respond.	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable and ways to respond.	Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity.	Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not freely making the decision themselves.	Pupils recognise when they may need help to manage a situation and have developed the skills to ask for help.	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some of those changes are related to puberty.
<u>Health Education</u> <u>Autumn Term</u>		<u>Health Education</u> <u>Spring 1</u>	<u>Health Education</u> <u>Spring 2</u>	<u>Health Education</u> <u>Summer Term</u>	
<u>Mental well-being</u> – Pupils can recognise a wide range of emotions, identifying factors that can affect emotions. Pupils have considered strategies to help manage my emotions. Pupils have thought about ways to recognise and respond to other peoples' emotions.		<u>Drugs, Alcohol and Tobacco</u> The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.	<u>Health and Prevention</u> Personal hygiene - Pupils know how to care for their body. I know how to keep my body clean and hygienic.	<u>Basic First Aid and water safety</u> How to make a clear and efficient call to emergency services if necessary. Pupils understand how to identify risk, keeping themselves and others safe in an emergency situation. Pupils will understand the dangers posed by open water and know strategies for keeping safe in or around water	
<u>Citizenship</u> <u>Autumn Term</u>		<u>Citizenship</u> <u>Spring Term</u>		<u>Citizenship</u> <u>Summer Term</u>	
<u>Rules and British Values</u> Pupils will understand the rule making process and have an understanding of the reasons for rules and laws.		<u>British Values continued</u> Pupils explore each of the British values and discuss how they affect society and their role within it.		<u>Caring for the Environment</u> Pupils can balance rights with responsibilities and can consider how to make different environments (school, village, area, country, world) sustainable	

Class 4 (Upper Key Stage 2) Curriculum Map

Year 1 of rolling programme (2024/2025) Year 5 of RSE Solution and Norfolk Scheme of Work

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>RSE</u> <u>My feelings</u>	<u>RSE</u> <u>My body</u>	<u>RSE</u> <u>My relationships</u>	<u>RSE</u> <u>My beliefs</u>	<u>RSE</u> <u>My rights and responsibilities</u>	<u>RSE</u> <u>Asking for help</u>
Pupils can anticipate how their emotions may change as they approach and move through puberty.	Pupils can anticipate how their body may change and grow as they approach and move through puberty.	Pupils can identify healthy relationships and recognise the skills to manage and maintain healthy relationships.	Pupils know the correct terms associated with gender identity and sexual orientation and the unacceptability of homophobic and transphobic bullying.	Pupils have strategies for keeping safe online, knowing how to look after personal information, including images and about the importance of permission.	Pupils consider how to manage accidental exposure to explicit images and upsetting online material, including who to go to to talk about what they have seen.
<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>
<u>Physical health and healthy eating</u> Pupils will know the importance of exercise and diet on the body. Pupils understand how taking part in regular physical activity has lots of benefits to physical and mental health, wellbeing and their learning. Pupils can recognise the impact of diet in lifestyle.	<u>Mental well-being</u> – that mental well-being is a normal part of daily life and just as important as physical health. What happens when things go wrong and what support can you have? <u>Health and prevention</u> I can explain why sleep is important for a healthy lifestyle. I can describe bedtime routines that help improve sleep. I can identify how sleep patterns and needs might change during puberty.			Crucial Crew – safety in a range of situations, and how to rescue and be rescued safely	Moving on/preparing for change <u>Basic first aid</u> – how to get help Pupils can recognise when to get adult help. Pupils know how to call 999 and what to say to the operator. Pupils know what a defibrillator is and the location of the nearest ones.
<u>Citizenship</u>	<u>Citizenship</u>	<u>Citizenship</u>	<u>Citizenship</u>	<u>Citizenship</u>	<u>Citizenship</u>
<u>Respecting rules and respecting differences</u> Pupils will understand the importance of tolerance, respect and diversity and how different groups within society interact.		<u>Citizenship in action – democracy</u> Pupils learn how democracy affects society	<u>Politics and government</u> How laws are made and enforced		

Class 4 Year 2 of rolling programme (2025/2026) Year 6 of RSE Solution and Norfolk Scheme of Work

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>RSE</u> <u>My feelings</u>	<u>RSE</u> <u>My relationships</u>	<u>RSE</u> <u>Asking for help</u>			<u>RSE My body</u> Exclusive to Year 6 pupils - Parents can request withdrawal from this lesson
Pupils can recognise how images in the media, including online, do not always reflect reality and can affect how people feel about themselves.	Pupils realise the nature and consequences of discrimination, including the use of prejudice-based language.	Pupils develop the confidence and skills to know when, who and how to ask for help independently or with support.			Pupils can explain what intercourse is and how this leads to reproduction, using the correct terms to describe the male and female sexual organs.
<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>	<u>Health Education</u>
Health and Safety – drugs, alcohol and tobacco and county lines. The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking. Pupils understand the definition of a drug. They have discussed attitudes towards alcohol, including how it is portrayed in society and the media.	Mental wellbeing Pupils can describe what can impact on mental health (life events and circumstances) and how mental wellbeing can be affected, conflicting emotions and when these might be experienced, explaining how feelings and emotions change over time and can identify positive actions to support mental wellbeing during difficult times, including identifying a personal support network			Health and prevention Pupils know about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. Crucial Crew – safety in a range of situations, including road and rail safety	Basic First Aid Pupils can identify an emergency situation and know to keep safe. Pupils can help to give basic first aid in safe situations. Pupils know how to get help in an emergency.
<u>Citizenship</u>	<u>Citizenship</u>	<u>Citizenship</u>		<u>Citizenship</u>	<u>Citizenship</u>
		Financial Literacy Pupils learn about credit and debt, how to budget and manage money and what is deducted from earnings and why			

Progression in Vocabulary

<u>Early Years Foundation Stage</u>	<u>End of Key Stage 1</u>	<u>End of LKS2</u>	<u>End of UKS2</u>
Family	Love	Arguments	Tolerance
Friend	Care	Disagreements	intolerance
Relationship	Friendship	Conflict	Diversity
Share	Relaxed	Resolution	Inclusion
Turn-taking	Similar	Gender	Aspiration
Manners	Different	Stereotype	Compliment
Polite	Unique	Trust	Gender
feelings	Strength	Share	Stereotype
Sad	Weakness	Penis	Consent
Angry	Self-esteem	Testicles	Marriage
Disappointed	Self-respect	Vulva	Arranged marriage
Scared	Compare	Vagina	Forced marriage
Embarrassed	Respect	Aspiration	sexuality
Tired	Calm	Compliment	Intersex
Worried	Shoulder	Self-esteem	Transgender
Surprised	Knee	Self-talk	phobic
Confused	Stomach	Happiness	Gay
Irritated	chest	Exercise	Lesbian
Similar	Senses	Drugs	Testicles
Like	Penis	Smoking	Vagina
Dislike	Vulva	Alcohol	Buttocks
difficult	Comfortable	Illegal	Anus
Lonely	Uncomfortable	Peer pressure	Puberty
Clean	Touch	Marriage	conception
Hygiene	Secret	Forced marriage	Breasts
Germs	Surprised	Arranged marriage	Discharge
Bacteria	excited	Identity	Legal and illegal drugs
Viruses	Communicate	Public	County lines
First aid	communication	Block	Empathy
Accident	Disagreement	Private	Genitals
Hurt	Negotiate	Uncomfortable	Hormones
illness	Belief	Developing	Fatigue
Private	Disability	Growing	Stress
Public	Similar	Puberty	Anxiety
Safe	Differences	Foetus	Democracy
Comfortable	Similarities	Emotions	Democratic
Uncomfortable	Feelings	Empathy	Election
Sugar	Emotions	Clean	Government
Obesity	Respect	Healthy	Politics
Tooth decay	Physical activity	Hygienic	Finances
	Mental wellbeing	Hygiene	Budget
	Risk		
	Safe		
	Emergency		
	Services		
	Special		
	diverse		
	disease		
	bacteria		
	saturated fat		
	prevent		
	teasing		
	bullying		
	power imbalance		
	support		
	development		
	personal space		
	privacy		

