



# Relationships Education

## Nursery & Reception

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me In My World</b>	<b>Celebrating difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<p><b>Self-identity</b></p> <p>Understanding feelings</p> <p>Being in a classroom</p> <p>Being gentle *</p> <p>Rights and responsibilities</p>	<p><b>Identifying talents</b></p> <p>Being special</p> <p>Families *</p> <p>Where we live</p> <p>Making friends</p> <p>Standing up for yourself</p>	<p><b>Challenges</b></p> <p>Perseverance Goal-setting</p> <p>Overcoming obstacles</p> <p>Seeking help</p> <p>Jobs</p> <p>Achieving goals</p>	<p><b>Exercising bodies</b></p> <p>Physical activity</p> <p>Healthy food</p> <p>Sleep</p> <p>Keeping clean *</p> <p>Safety</p>	<p><b>Family life</b></p> <p>Friendships *</p> <p>Breaking friendships</p> <p>Falling out</p> <p>Dealing with bullying</p> <p>Being a good friend</p>	<p><b>Bodies</b></p> <p>Respecting my body</p> <p>Growing up</p> <p>Growth and change</p> <p>Fun and fears</p> <p>Celebrations</p>

\* Christopher Winter resources to be used in conjunction with Jigsaw materials

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## Year One

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me In My World</b>	<b>Celebrating difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends * Celebrating the differences in everyone	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	Keeping myself healthy Healthier lifestyle choices Keeping clean * Being safe Medicine safety/safety with household items Road safety Linking health and happiness	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	Life cycles: animal & human Changes in me * Changes since being a baby * Differences between female and male bodies Linking growing and learning Coping with change Transition

# Relationships Education

## Year Two

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me In My World</b>	<b>Celebrating difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<p>Hopes and fears for the year</p> <p>Rights and responsibilities</p> <p>Rewards and consequences</p> <p>Safe and fair learning environment</p> <p>Valuing contributions</p> <p>Choices</p> <p>Recognising feelings</p>	<p>Assumptions and stereotypes about gender</p> <p>Understanding bullying</p> <p>Standing up for self and others</p> <p>Making new friends</p> <p>Gender diversity</p> <p>Celebrating difference and remaining friends *</p>	<p>Achieving realistic goals</p> <p>Perseverance</p> <p>Learning strengths</p> <p>Learning with others</p> <p>Group co-operation</p> <p>Contributing to and sharing success</p>	<p>Motivation</p> <p>Healthier choices</p> <p>Relaxation</p> <p>Healthy eating and nutrition</p> <p>Healthier snacks and sharing food</p>	<p>Different types of family *</p> <p>Physical contact boundaries</p> <p>Friendship and conflict</p> <p>Secrets</p> <p>Trust and appreciation</p> <p>Expressing appreciation for special relationships</p>	<p>Life cycles in nature *</p> <p>Growing from young to old</p> <p>Increasing independence</p> <p>Differences in female and male bodies *</p> <p>Assertiveness *</p> <p>Preparing for transition</p>

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## Year Three

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me In My World</b>	<b>Celebrating difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families & 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	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	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 *	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	How babies grow Understanding a baby's needs Challenging my ideas Preparing for transition

# Relationships Education

## Year Four

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me In My World</b>	<b>Celebrating difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
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	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships * Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Puberty * Confidence in change * Accepting change * Preparing for transition Environmental change

# Relationships Education

## Year Five

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me In My World</b>	<b>Celebrating difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	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	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	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 SMART internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls * Puberty for boys * Conception * Growing responsibility Coping with change Preparing for transition



# Relationships Education

## Year Six

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Being Me In My World</b>	<b>Celebrating difference</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
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	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including ‘county lines’ and gang culture Emotional and mental health Managing stress	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	Self-image Body image Puberty and feelings * Conception to birth * Reflections about change Respect and consent * Transition

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