



## Northowram Primary School RSE Long Term Curriculum Map (from Sept 2020)

Year	Autumn 1 Family Relationships	Autumn 2	Spring 1 Health and Well-being	Spring 2	Summer 1 Safety and the Changing body	Summer 2
1	Family, positive friendships, other people's emotions		Personal strengths, bedtime routines and relaxation		Adults inside/outside school, getting lost, making an emergency phone call, appropriate contact, safety at home	
2	Families are all different, unhappy friendships, manners and courtesy, change and loss		Emotions, being active, healthy diet, growth mindset, relaxation		Communicating online, secrets and surprise, appropriate contact (my private parts), road safety	
3	Healthy Families, Conflict Vs bullying, effective communication, learning who to trust		Relaxation, identity, resilience, diet and dental health		First aid, emergencies, be kind online, cyberbullying, drugs, alcohol and tobacco	
4	Respect and manners, how my behaviour affects others, bullying, families in the wider world, change and loss		Healthy teeth, relaxation, celebrating mistakes, happiness and mental health		Internet safety (age restrictions), share aware, first aid: asthma, privacy and secrecy, growing up	
5	Friendship skills, marriage, self-respect, family life, bullying		Relaxation, rest, embracing failure, going for goals, sun safety		On-line friendships, puberty, menstruation, first aid: bleeding, alcohol, drugs and tobacco	
6	Respectful relationships, resolving conflict, change and loss, stereotyping		Careers, relaxation, resilience, physical health concerns, good and bad habits		Alcohol, puberty, social media, biology of conception, pregnancy and birth, first aid: choking and basic life support	

